Braised Beef With Tomato-Garlic White Beans

Enjoy the flavors of Tuscany with beef Chuck Tender Steaks slow-cooked with white beans and spinach. Top this with Parmesan cheese for a delicious meal any night of the week.



2.00	4	42 Cal	34g
Hours	Servings		Protein

INGREDIENTS

4 beef Chuck Tender Steaks, cut 3/4 to 1 inch thick (about 6 ounces each)

1 teaspoon olive oil

1-1/2 cups chopped onions

1 can (14-1/2 ounces) Italian-style diced tomatoes, undrained

1 tablespoon minced garlic

1/4 teaspoon salt

1/4 teaspoon pepper

1 can (15 ounces) white beans, rinsed, drained - Most supermarkets carry a variety of canned white beans, such as Great Northern, navy and cannellini. Any may be used in this recipe.

2 cups coarsely chopped fresh spinach

Grated or shredded Parmesan cheese (optional)

COOKING

1. Heat oil in large nonstick skillet over medium heat until hot. Place beef steaks in skillet; brown evenly. Pour off drippings. Add onions, tomatoes, garlic, salt and pepper to skillet; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 to 1-3/4 hours or until beef is fork-tender. Remove steaks; keep warm.

2. Stir beans into cooking liquid; bring to a boil. Reduce heat slightly and cook 7 to 10 minutes or until sauce is thickened, stirring frequently.

3. Stir in spinach; remove from heat. Let stand 1 minute. Serve steaks with bean mixture. Sprinkle with cheese, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		7g	6mg		38g	34g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for

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general nutrition advice.

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