



*Steak and beans are a classic combination and this recipe is my twist on the timeless pairing. The beans in this recipe are not laced with sugar or bacon grease and the fresh spinach leaves give them a vitamin and mineral boost. I find that sirloin steaks cut 1/4 of an inch thick or slightly thinner are wonderful for quick cooking. Also, they are lean, flavorful and very tender. You can use thicker cut sirloin steaks if you prefer, just cook them longer on each side.*

**Serves 4**

### **Ingredients**

#### **Steaks**

4 sirloin steaks 1/4 of an inch in thickness

1 tsp olive oil

1/2 tsp garlic powder

salt and pepper to taste

#### **Beans**

1 14 oz can white beans, rinsed and drained

1 14 oz can Italian-style diced tomatoes (flavored with herbs and garlic)

1 1/2 cups chopped fresh spinach leaves

1/2 medium diced onion

1/4 cup red wine

1/8 cup shredded or shaved Parmesan cheese

1/4 tsp dried Italian herbs

2 garlic cloves minced

pinch of chili flakes

### **Method**

In a medium saucepan saute onions and garlic for 1 minute, add tomatoes, red wine and white beans. Simmer for 10 minutes stirring occasionally. Season to taste, add spinach at the end of the cooking process to keep its vibrant green color.

Heat oil in large skillet over medium high heat until smoking hot. Season steaks with garlic powder, salt and pepper. For medium rare doneness, fry each side for approximately 2 minutes.

Serve steaks with Italian-style beans topped with a sprinkle of Parmesan cheese.