

Walkabout Ridge

GRILLED FLANK STEAK WITH BLACK AND WHITE CHILI BEANS

8 SERVINGS

201 CALORIES PER SER

1 ½ TABLESPOONS OLIVE OIL
2 TABLESPOONS FRESH LIME JUICE
2 SMALL GARLIC CLOVES, CRUSHED THROUGH A PRESS
½ TEASPOON DRIED OREGANO
1 TEASPOON SALT
½ TEASPOON FRESHLY GROUND BLACK PEPPER
PINCH OF CAYENNE PEPPER
2 POUNDS FLANK STEAK, TRIMMED OF ALL VISIBLE FAT
BLACK AND WHITE CHILI BEANS (RECIPE FOLLOWS)

IN A SMALL BOWL, COMBINE THE OLIVE OIL, LIME JUICE, GARLIC, OREGANO, SALT AND PEPPERS; BLEND WELL. RUB THIS MIXTURE OVER BOTH SIDES OF THE STEAK AND PUT ON A PLATTER. COVER THE MEAT WITH PLASTIC WRAP AND MARINATE AT ROOM TEMPERATURE 30 MINUTES.

LIGHT A HOT FIRE IN A GRILL OR PREHEAT YOUR BROILER. REMOVE THE STEAK FROM THE MARINADE AND PAT DRY WITH PAPER TOWELS. GRILL OR BROIL THE FLANK STEAK ABOUT 4 INCHES FROM THE HEAT, TURNING ONCE, 4 TO 6 MINUTES PER SIDE FOR MEDIUM-RARE, OR UNTIL COOKED TO THE DESIRED DEGREE OF DONENESS.

TRANSFER THE STEAK TO A CARVING BOARD AND LET STAND 5 MINUTES BEFORE CARVING ON A SLANT CROSSWISE AGAINST THE GRAIN INTO THIN SLICES. SERVE WITH THE BLACK AND WHITE CHILI BEANS ON THE SIDE.

BLACK AND WHITE CHILI BEANS

1 MEDIUM ONION CHOPPED
1 GARLIC CLOVE MINCED
1 TABLESPOON OLIVE OIL
1 TABLESPOON CHILI POWDER
1 TEASPOON GROUND CUMIN

½ TEASPOON DRIED OREGANO
½ TEASPOON SALT
¼ TEASPOON FRESHLY GROUND BLACK PEPPER
1 TABLESPOON TOMATO PASTE
1 ½ CUPS UNSALTED OR REDUCED-SODIUM CHICKEN BROTH
1 CAN (16 OUNCES) BLACK BEANS, DRAINED AND RINSED
1 CAN (16 OUNCES) WHITE BEANS, DRAINED AND RINSED
2 TABLESPOONS CHOPPED FRESH PARSLEY, FOR GARNISH

IN A LARGE NONSTICK SKILLET , COOK THE ONION AND GARLIC IN THE OLIVE OIL OVER MEDIUM-HIGH HEAT, STIRRING OCCASIONALLY, UNTIL PALE GOLDEN, ABOUT 5 MINUTES. ADD THE CHILI POWDER, CUMIN, OREGANO, SALT AND PEPPER. COOK, STIRRING, 1 MINUTE LONGER.

REMOVE FROM THE HEAT AND ADD THE TOMATO PASTE. THEN GRADUALLY STIR IN THE CHICKEN BROTH. RETURN TO THE HEAT, BRING TO A BOIL, REDUCE THE HEAT TO MEDIUM-LOW AND SIMMER UNTIL THE SAUCE IS SLIGHTLY THICKENED, 10 TO 15 MINUTES. ADD THE BEANS AND SIMMER 10 MINUTES LONGER. GARNISH WITH PARSLEY BEFORE SERVING.

ENJOY!

THIS IS A GREAT PARTY DISH, AN UPSCALE VERSION OF BARBECUED BEEF AND REFRIED BEANS. WHILE BEANS ARE HEALTHY IN THAT THEY CONTAIN NO FAT OR CHOLESTEROL, THEY ARE HIGH IN CALORIES, SO PORTION CONTROL IS IMPORTANT.