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▶▶ June 2014 ◀◀

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Beef and Black Beans Over Orzo

- 1 Pound lean boneless top round
- 1/4 Cup balsamic vinegar
- 1/2 Tsp ground coriander
- 1/2 Tsp ground cumin
- 2 Tsp dry oregano
- 2 Cloves garlic, crushed
- Vegetable cooking spray
- 1 Cup chopped onion
- 1/2 Cup chopped green bell pepper
- 1/2 Cup chopped celery
- 1/4 Cup carrot, chopped
- 2 Cloves garlic, minced
- 1 14 oz. can beef broth
- 1 Cup water
- 2 Tbsp chopped fresh cilantro
- 2 Tsp chopped fresh oregano
- 1/2 Tsp ground cumin
- 1/4 Tsp salt
- 1/4 Tsp pepper
- 1 15 oz. can black beans, drained
- 2 1/2 Cups orzo, cooked
- 2 Tbsp green onions, thinly sliced

- 1) Trim fat from steak; cut steak into 1-inch pieces.
Combine vinegar and next 4 ingredients in a heavy duty zip-top plastic bag. Add steak; seal bag, and shake until steak is well coated.
- 2) Marinate in refrigerator 1 hour, turning bag once.
- 3) Remove steak from marinade, reserving marinade.
- 4) Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- 5) Add steak; cook 10 minutes or until browned on all sides, stirring frequently (or brown the beef in a 500 degree oven for about 10 minutes).
- 6) Drain and pat dry with paper towels.
- 7) Wipe drippings from Dutch oven with a paper towel.
- 8) Coat Dutch oven with cooking spray.
- 9) Place over medium-high heat until hot.
Add onion and next 4 ingredients.
- 10) Sauté until vegetables are tender.
- 11) Add steak, beef broth, and next 6 ingredients; bring to a boil.
- 12) Cover, reduce heat, and simmer hour.
- 13) Uncover and simmer an additional hour and 20 minutes or until mixture is thickened and beef tender.
- 14) Stir in reserved marinade and black beans, simmer 5 minutes.
- 15) To serve, spoon 1/2 cup orzo into each individual serving bowl.
- 16) Top evenly with beef mixture and sprinkle with sliced green onions.

Makes 6 Servings