



RED BEANS, SPINACH, AND BEEF

FLAVOR PROFILE: AFRICAN

SERVES 4

Red beans over rice are a Southern favorite, and here, some ground beef and spinach are added as well. Finely chopping the spinach adds the extra nutritional value of green vegetables without changing the customary flavor of the dish.

1	TABLESPOON EXTRA VIRGIN OLIVE OIL	1	TEASPOON KOSHER OR SEA SALT
1/2	ONION, DICED	1/2	TEASPOON FRESHLY GROUND PEPPER
1	POUND LEAN GROUND BEEF	1/4	TEASPOON CHILI POWDER
1	BUNCH SPINACH, STEMMED AND FINELY CHOPPED	2	16-OUNCE CANS RED BEANS, DRAINED
1-1/2	CUPS CANNED CHOPPED TOMATOES AND THEIR JUICE		

In a large frying pan, over medium-high heat, heat the olive oil. When the oil is hot, add the onions and sauté until translucent, about 2 minutes. Add the beef, and cook until opaque, about 6 minutes, stirring to crumble the meat. Add the spinach, and cook, turning, until wilted, about 1 minute. Add 1 cup of the tomatoes and their juice, the salt, pepper, and chili powder. Reduce the heat to low and cover. Simmer to allow the flavors to blend, about 10 minutes. Add the remaining tomatoes and stir in the beans, cover, and cook another 5 minutes. Serve with rice.



Red Beans, Spinach, and Beef. Recipe on page 105.