

## **VeraVia – New York Steak on Bean Ragout Served with Sautéed Swiss Chard**

### **Ingredients:**

2- 4 oz. New York steaks

Steak rub: ½ tsp. each dried oregano, chipotle powder and garlic powder plus 2 tsp. olive oil

2 tsp. ghee or butter

Salt and pepper

### **Method:**

- Massage steaks with spice rub and then coat with oil. Set aside, covered, over night or for at least an hour. Don't season with salt and pepper until you are ready to cook -salt draws moisture out of your proteins if added to early.
- Make bean ragout.

## **Bean Ragout**

### **Ingredients:**

½ cup each dried black beans, pinto beans and white beans (or use canned)

1 bay leaf

¼ tsp. for each bean type

½ cup vegetable, chicken or beef stock

1 tbsp. olive oil

2 tsp. shallots

½ tsp. garlic

1 heaping tsp. total fresh chopped thyme, parsley, and chives all mixed together

Salt and pepper

### **Method:**

- Rinse, soak (overnight) and boil beans separately, with a piece of bay leaf, in unsalted water for about 1 hour or until soft. Add salt and cook for 10 more minutes. Drain, and set aside.
- Set an 8 inch pan over high-medium heat and add olive oil. When hot, add shallots and garlic and sauté until aromatic. Season with salt and pepper and add bean mixture. Continue sautéing for about 5 minutes.

- Add stock to release some of the bean bits that get stuck to the bottom of the pan. Turn heat to low and simmer mixture for about 15 minutes. Add herbs and let cook 5 more minutes. Add more stock if needed to keep the ragout consistency.
- Remove and set aside.

## **Swiss Chard**

### **Ingredients:**

1 bunch or green, red or rainbow chard  
1 tbsp. olive oil, ghee or butter  
1 clove garlic, crushed and minced  
Salt and pepper

### **Method:**

- Rinse and chop chard leaves and stems.
- Place sauté pan over high heat. Add chard and let moisture release from leaves a little. Add olive oil and stir with tongs.
- Add minced garlic and continue to stir so that garlic cooks, but doesn't burn. Season with salt and pepper.
- Remove chard from pan when wilted and stems have softened. Set aside and keep warm.

### **Put it All Together:**

- Grill or broil steaks until desired temperature.
- Serve steak on top of bean ragout with chard coming off the steak like a waterfall streaming over on to beans.