

# Grilled Flank Steak

## With

## Slow Cooker White Beans

### Ingredients

- 4 cups Slow Cooker White Beans
- 2 lb. Flank Steak, trimmed of excess fat
- Salt and pepper to taste
- 1/3 cup minced fresh chives or parsley
- 2 cups baby arugula
- Olive oil, for drizzling
- ¼ lb. Parmesan Cheese Wedge
- 1 Lemon, cut into Wedges

### Directions

- **Cook Steak**
  - Prepare gas or charcoal grill for direct-heat grilling over high heat and oil the grill rack. Or, preheat a broiler (grill). Season the steak on both sides with salt and pepper. Place the steak on the grill rack or put it on a broiler pan and place under the broiler. Cook, turning once, for 5-7 minutes on each side for medium-rare, or until done to your liking
- **Warm the beans**
  - While the steak is cooking, in a saucepan over medium heat, warm the beans, stirring frequently, until heated through, about 2 minutes
- **Finish the dish**
  - When the steak is ready, transfer it to a cutting board, cover loosely with aluminum foil, and let rest for about 10 minutes. Spoon one-fourth of the hot beans onto each plate, sprinkle with the chives. Slice the steak across the grain. Arrange some of the slices on top of each mound of beans, top with the arugula, and drizzle with olive oil. Use a vegetable peeler and cut thin shavings of parmesan cheese onto each serving. Garnish with the lemon wedges and serve.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container <b>Serving size</b>  <b>Calories</b> per serving	680	<b>Total Fat</b> 25g	<b>32%</b>	<b>Sodium</b> 1330mg	<b>58%</b>
		Saturated Fat 10g	<b>50%</b>	<b>Total Carbohydrate</b> 49g	<b>18%</b>
		Trans Fat 0g		Dietary Fiber 12g	<b>43%</b>
		Polyunsaturated Fat 1.5g		Total Sugars 2g	
		Monounsaturated Fat 11g		Includes 0g Added Sugars	<b>0%</b>
		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 66g	<b>132%</b>
		Vitamin D 0mcg	0%	● Calcium 0mg	0%
		Potassium 1430mg	30%	● Iron 0mg	0%
				● Folate	45%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.