Beef, beans’n’beats

NIBBLEDISH CONTRIBUTOR

Ingredients

- 400g beef loin (or other boneless part good for roasting)

- 1 can baked beans
- baked beet roots

- 1 onion
- 1 carrot
- red wine
- parsley leaves

Instructions

I love variety. And this dish has it. Easy but tasty.

Cut beef loin into finger-thick strips and set aside. Chop onion and cut carrot into sticks. In a large skillet, heat some EVO and cook carrots and onions until caramelized, adding wine and more oil if necessary. It makes great sauce as sugar from onions compliments wine's acidity! Just before they start to caramelize begin cooking beef in separate frying pan - the way you like it! No restraints here. I personally found that really well done suits kinda best.

Add baked beans into the carrot-onion skillet along with liquid from the can. Season with ground pepper and salt (watch out as the beans come already salted).

Meanwhile, peel beet roots and slice 5 mm thick. Roughly chop parsley leaves.
Serve by almost covering the plate with hot beans and sauce, then lie down the meat and top with beet slices and sprinkle parsley. Enjoy!