



Cowboy Steak and Pinto Beans

with Summer Tomatoes



30-40min



2 Servings

If cowboys truly ate dinners like this one, we'd probably consider a career change. Tender sirloin steak is made even more so with a flavorful spice rub, pairing perfectly with slightly sweet stewed pinto beans. Fresh tomatoes simply require a light sprinkle of salt to bring out their best flavors this time of year. And in true cowboy fashion, all you need is your reliable cast iron skillet. Co...

What we send

- 1 yellow onion
- ¼ oz fresh chives
- 2 tomatoes on the vine
- 10 oz pkg sirloin steaks
- 2 oz dark brown sugar
- 15 oz can pinto beans
- ½ oz whole-grain mustard ¹⁷
- 1 pkt cowboy grilling rub

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large skillet

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

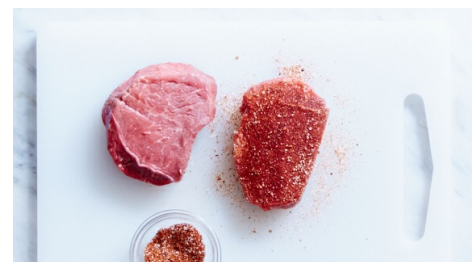
Nutrition per serving

Calories 490kcal, Fat 16g, Carbs 32g, Protein 50g



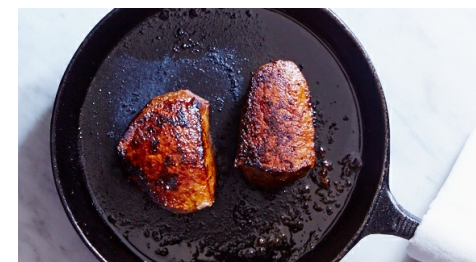
1. Prep vegetables

Finely chop onion. Thinly slice tomatoes. Roughly chop chives.



2. Make steak rub

Add brown sugar, paprika, 1 teaspoon salt, and several grinds black pepper in a small bowl and stir to combine. Pat steaks dry with paper towels. Rub spice mix over steaks, patting so rub adheres to the meat.



3. Cook steaks

Heat 1 tablespoon oil in a large skillet over medium. Add steaks and cook, turning once, until deeply browned, 4-5 minutes per side for medium rare (increase time if steaks are more than 1-inch thick). Transfer to a board to rest.



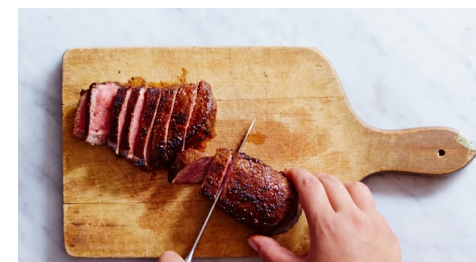
4. Cook onions

Add 1 tablespoon oil to same skillet. When oil is hot and shimmering, add onions and season lightly with salt. Cook, stirring, until softened, about 5 minutes.



5. Cook beans

Add pinto beans and their liquid to the skillet. Bring to a simmer and cook, stirring often, until warmed through and liquid has thickened, about 4 minutes more. Stir in mustard and remove from heat.



6. Finish and serve

Slice steak across the grain and serve with beans. Drizzle tomatoes with oil, season with salt and pepper, and top with chives. Enjoy!