



Flank Steak with Black Beans and Roasted Corn

INGREDIENTS:

FLANK STEAK

- 6 oz portion flank steak
- Salt and pepper to taste
- Olive oil

BLACK BEAN & ROASTED CORN CHUTNEY

- 1 cup black beans
- 1/2 cup roasted corn
- 1/4 cup onions, diced
- 1 garlic, chopped
- 1 tablespoon parsley, chopped
- 2 tsp brown sugar
- 1/2 tsp granulated garlic
- 1/2 tsp granulated onion
- 2 tablespoons soy sauce
- 3 tablespoons ketchup
- 1/4 cup pineapple juice

DIRECTIONS:

FLANK STEAK

1. In a med-hot pan with enough olive oil to just barely coat the bottom of the pan, sear flank steak on both sides until you reach desired temperature.
2. Pull out and set to the side.

BLACK BEAN & ROASTED CORN CHUTNEY

1. Saute onions and garlic until golden.
2. Add the remaining ingredients and cook for 3 minutes.
3. Remove and serve hot on top of the seared flank steak.