

Beef and Spinach Mediterranean

1/2 pound	Beef sirloin steak, cut into 1/4-inch thick strips
1 teaspoon	olive oil
1 teaspoon	black pepper
2 cans (14.5 ounce)	diced tomatoes with basil, garlic and oregano
8 ounces	sliced fresh mushrooms
1/2 teaspoon	salt, or to taste
8 ounces	whole wheat fusilli pasta
1 bag (10 ounce)	fresh spinach, chopped into 3/4 Inch strips
1/2 cup	feta cheese, crumbled finely

Bring 3 quarts water to a boil in a 4 quart pot for cooking pasta. Heat an 8-quart stockpot or extra deep skillet over Medium-High heat. Add oil and saute steak strips in heated oil 3 minutes or until no longer pink. Remove and set aside. Combine tomatoes, mushrooms and salt in pot. Bring to a boil and cook, stirring occasionally, over Medium heat 10 minutes. Add pasta to boiling water; and cook according to the package instructions. Drain. Stir spinach into tomato sauce and cook about 1 minute until it wilts. Stir in steak strips. Serve sauce over hot pasta sprinkled with feta cheese. Note: Sauce may be simmered longer after adding spinach to reach desired consistency.

Servings: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	477.37
Calories From Fat (28%)	133.34
% Daily Value	
Total Fat 14.74g	23%
Saturated Fat 6.34g	32%
Cholesterol 54.68mg	18%
Sodium 1103.76mg	46%
Potassium 1341.78mg	38%
Carbohydrates 62.16g	21%
Dietary Fiber 6.05g	24%
Sugar 12.31g	
Sugar Alcohols 0.00g	
Net Carbohydrates 56.12g	
Protein 26.79g	54%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 pound Beef sirloin steak, cut into 1/4-inch thick strips	0.50 x 1 lb of Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, select, raw
1 teaspoon olive oil	1 x 1 teaspoon of Oil, olive, salad or cooking
1 teaspoon black pepper	1 x 1 teaspoon of Spices, pepper, black
2 cans (14.5 ounce) diced tomatoes with basil, garlic and oregano	2 x 1 can (14.5 oz) of Tomatoes, red, ripe, canned, stewed
8 ounces sliced fresh mushrooms	8 x 1 oz of Mushrooms, raw
1/2 teaspoon salt, or to taste	0.50 x 1 teaspoon of Salt, table
8 ounces whole wheat fusilli pasta	8 x 1 ounce of Pasta, fusilli
1 bag (10 ounce) fresh spinach, chopped into 3/4 Inch strips	10 x 1 oz of Spinach, raw
1/2 cup feta cheese, crumbled finely	0.50 x 1 cup, crumbled of Cheese, feta

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