



SERVING UP

Savings!

weis

SERVES 4 for \$3
PER SERVING

KEY INGREDIENT SHOPPING LIST

Steakhouse Angus Top Round Roastlb \$5.29 BOGO
Asparagus2 lb \$3.00
1 medium Yellow Squashlb \$1.89
1 (14.5 oz) can Furmano's Diced Tomatoes70¢ BOGO
1 (15.5 oz) can Weis Quality Salad Peas3 for \$2.00
1(14 oz) box Weis Quality Instant Brown Rice\$1.50
1(17 oz) bottle Carapelli Olive Oil\$4.99

PRICES EFFECTIVE FEBRUARY 26 THROUGH MARCH 4, 2009

Beef and Brown Rice Salad

MARINADE

1/4 cup Carapelli Olive Oil
2 Tbsp. fresh lemon juice
1 Tbsp. minced garlic
1 Tbsp. honey
2 tsp. fresh chopped thyme*
2 tsp. chopped fresh oregano*
1/4 tsp. salt
1/8 tsp. pepper

1 beef top round steak, cut 3/4 inch thick (about 1 pound)
1 tsp. olive oil
1 pound fresh asparagus (cut into 2-inch pieces)
1 medium yellow squash
3 cups hot cooked brown rice
1 cup diced tomatoes, drained
1 cup Weis Salad Peas (chick peas), rinsed and drained
1/4 cup fresh basil, thinly sliced*
1/2 tsp. salt

In a small bowl, combine marinade ingredients. Place beef and 1/4 cup marinade in a sealable food-safe bag, turning to coat. Marinate 6 hours in refrigerator or overnight. Reserve remaining marinade; store in refrigerator for dressing.

Remove beef from marinade, discard marinade. Place beef on rack in broiler pan; 2 to 3 inches from heat. Broil 12 to 13 minutes for medium-rare doneness, turning once. Remove; keep warm.

In large nonstick skillet, heat oil over medium-high heat until hot. Add asparagus and squash; cook 7 minutes or until tender. Add tomatoes; heat 1 more minute. In a large bowl, toss with rice, chick peas, basil, salt and reserved marinade. Carve beef into thin slices and serve over rice salad.

*CHEF'S TIP: to substitute dried herbs for fresh, reduce the quantity by one-third.

