



Beef with Spinach

by Koula Barydakis

Ingredients (Serves 6)

- 1 1/2 pound lean beef, cut into cubes
- 1 onion, minced
- 1/2 cup extra virgin olive oil
- 10 scallions, cut into rings
- 1 tsp dry mint
- 1/2 cup fresh dill, chopped
- 1 cup tomatoes, chopped
- salt and pepper, to taste
- 2 lbs spinach
- 1 cup water

Directions

1. In a deep pot, sauté meat, onions and olive oil for 5 minutes. Stir in green onions, mint, dill, tomatoes, salt and pepper. Simmer for 20 minutes.
2. Add spinach and water. Stir well and cook for an additional 20 minutes, or until meat is tender. Serve warm.