

# Balsamic and Red Wine Glazed Beef Bruschetta

*Here's a winter take on a summer favourite. Serve to your special someone this Valentine's Day. Serve the beef alongside the toasted baguette slices and assemble OR spoon beef mixture into ready-made croustade crackers for an easy one-bite appetizer.*



- 2 **tblsp (30 mL)** extra-virgin olive oil
- 1 onion, finely diced
- 1 clove garlic, minced
- 1 **tsp (5 mL)** EACH dried rosemary and thyme leaves
- 1 sweet red pepper, seeded and diced
- 12 **oz (375 g)** 1 inch (2.5 cm) thick Beef Grilling Steak (Tenderloin or Top Sirloin), cut into thin, 1 inch (5 cm) long strips
- ¼ **cup (50 mL)** EACH dry red wine and balsamic vinegar
- Salt and pepper
- 1 baguette, cut into 1/2 inch (1 cm) thick slices
- Speedy Wilted Spinach, optional (recipe right-hand side)

1. **Heat** 1 **tblsp (15 mL)** of the oil in large non-stick skillet over medium heat. Pan-fry onion, garlic, rosemary and thyme until onion is tender, about 3 minutes. Add red pepper; cook until softened, about 4 minutes. Transfer to bowl.
2. **Add** remaining oil to pan and heat over medium-high heat; cook beef, stirring occasionally, until browned, about 3 minutes. Add to bowl containing pan-fried vegetables. Add wine and vinegar to pan; cook, stirring occasionally, until reduced by half, about 5 minutes. Pour over beef and peppers; toss to coat. Season with salt and pepper.
3. **Serve** with Wilted Spinach (if desired) and toasted baguette slices.

**Makes 20 Servings**

**Per Piece:** 69 calories, 4g protein, 3g fat, 6g carbohydrates

## Speedy Wilted Spinach:

In non-stick skillet, heat

2 **tblsp (30 mL)** butter over medium heat.

Add 1 bag (6 oz/175 g) baby spinach and 1 **tsp (5 mL)** water;

Cover and cook until wilted, about 3 minutes.

Drain and season with a squeeze of lemon juice



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