



# Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

## BBQ Tri Tip with Three Bean Bake

### Ingredients

#### BBQ Tri-Tip

Seasoned with Olive Oil, Worcestershire, Tamari, Salt, Pepper, Garlic Powder, Oregano, Paprika, Chile Powder

#### BBQ Sauce

BBQ Tri-tip Marinade, Tomato Paste, Coconut Sugar, Paprika, Onion Powder, Cumin, Coriander, Garlic, Cinnamon, Nutmeg, Salt.

#### Citrus Dressing

Lemon, Honey, Dijon Mustard, Orange Juice, Garlic, Olive Oil, Salt, Pepper

#### Three Bean Bake

Black Beans, White Beans, Red Beans, Bacon, BBQ Sauce (from above), Onions, Garlic, Olive Oil, Salt, Pepper

#### Produce

Salad Greens

### Directions

Preheat oven to 350, pour beans into a baking dish and tri-tip over the baking sheet and reheat 10-15 minutes on the middle rack.

If tri-tip and beans are on the same pyrex, remove that list, cover with foil and place in the oven for 15-20 minutes.

NOTE: Steak is finished rare in the kitchen so you can finish it to your preference at home.

Shake citrus dressing well and toss with the salad.

To serve portion beans and steak topped with bbq sauce as desired and a side salad.