

Bistro-Style Filet Mignon With Champagne Pan Sauce

Delicious Tenderloin Steaks are served with a unique barley risotto spiked with butternut squash and peas. Finish the entire dish with a champagne mushroom sauce.



INGREDIENTS

4 beef Tenderloin Steaks, cut 1 inch thick (about 5 ounces each)

1/2 teaspoon coarse grind black pepper

1 tablespoon olive oil

3/4 cup quick-cooking barley

1/2 cup brut Champagne or sparkling wine

1-3/4 cups reduced-sodium beef broth

1 cup diced butternut squash

4 cloves garlic, minced

1/2 cup frozen peas

Salt

1 tablespoon olive oil

1-1/2 cups assorted mushrooms, such as shiitake, cremini or button, sliced

2 cloves garlic, minced

3/4 cup reduced sodium beef broth

1/2 cup brut Champagne or sparkling wine

1/2 teaspoon chopped fresh thyme or 1/4 teaspoon dried thyme

1 teaspoon cornstarch

1 tablespoon water



45 Min



4
Servings



42 Cal



44g
Protein

COOKING

1. Heat oil in 3-quart saucepan over medium heat until hot. Add barley and cook 3 to 5 minutes or until golden brown, stirring occasionally. Stir in 1/2 cup of Champagne. Bring to a simmer. Cook and stir 30 to 60 seconds or until liquid is almost absorbed. Add 1-3/4 cup broth, squash and garlic; return to simmer and continue cooking 10 to 15 minutes or until barley is tender, stirring occasionally. Stir in peas, cover and remove from heat. Let stand 5 minutes; keep warm.

2. Meanwhile, press coarsely cracked pepper on both sides of beef steak. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter; season with salt, as desired. Keep warm.

3. Heat oil in same skillet over medium heat until hot. Add mushrooms and garlic; cook and stir 3 to 5 minutes or until mushrooms are tender and browned. Add 3/4 cup beef broth, 1/2 cup Champagne and thyme to skillet, stirring until browned bits attached to bottom of pan are dissolved. Bring to a boil; cook 4 to 8 minutes or until mixture is reduced to 1 cup. Combine cornstarch and water; stir into mushroom mixture. Bring to a boil; cook 1 to 2 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired.

4. Serve steaks with sauce and risotto.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		17g	106mg		41g	44g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com