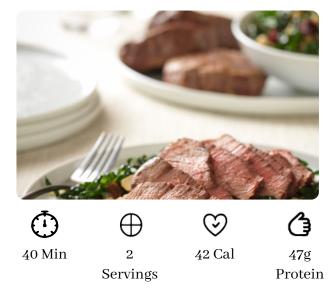


Beef Filets With Ancient Grain &Amp; Kale Salad

The most tender of them all, the Filet, is served beside a salad of faro, kale, dried cranberries and almonds.

INGREDIENTS

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3 cloves garlic, minced, divided 1 cup reduced-sodium beef broth 1 cup reduced-sodium beef broth

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- $1\,cup\,reduced\text{-sodium}\,beef\,broth$
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1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

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Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain

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Season with salt, as desired.

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Season with salt, as desired.

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Season with salt, as desired.

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COOKING

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL	
2		14g	110mg		59g	47g	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