

Beef Tenderloin Steaks With Red Wine Sauce


Treat yourself to these juicy beef Tenderloin Steaks topped with a wine, cognac and soy cream sauce.



INGREDIENTS

2 beef Tenderloin Steaks, cut 3/4 inch thick (about 4 ounces each)

- 1 teaspoon coarse grind black pepper
- 1/2 cup Pinot Noir or other dry red wine
- 3 tablespoons cognac or brandy
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons whipping cream
- 1/2 teaspoon brown sugar
- 1 tablespoon unsalted butter, softened
- Chopped fresh parsley (optional)

			
25 Min	2	42 Cal	26g
	Servings		Protein

COOKING

1. Press pepper evenly onto beef steaks. Heat 12-inch nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter; keep warm.
2. Add wine, cognac and soy sauce to skillet; bring to a boil. Cook 2 to 3 minutes or until reduced to about 1/4 cup. Whisk in cream and brown sugar; bring to a boil. Reduce heat; simmer 1 to 2 minutes or until slightly thickened, stirring occasionally. (Sauce will turn a rich chocolate-brown color.)
3. Remove from heat. Add butter; stir until melted. Spoon sauce over steaks. Garnish with parsley, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
2		18g	103mg		4g	26g	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