

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

Servings



42 Cal



26g

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