





# Beef Tenderloin Steaks With Mushroom Sauce And Lentils

Make these beef Tenderloin Steaks your go to meal for an elevated, but simple dish with nutritious and flavorful lentils and a rich mushroom sauce.

## INGREDIENTS

- 4 beef tenderloin steaks, cut 1 inch thick (about 6 ounces each)
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1.00	4	42 Cal	46g
Hours	Servings		Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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1/2 cup water

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2 cups beef broth, divided

[illegible]

[illegible]

[illegible]

2 cups beef broth, divided

1 teaspoon fresh thyme, chopped or 1/2 teaspoon dried thyme,  
crushed

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[illegible]

[illegible]

Salt and pepper

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1-1/2 cups assorted mushrooms (shiitake, enoki, straw,  
cremini, button or chanterelle), whole or cut in half if large

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[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



1/4 cup minced shallots

[illegible]

[illegible]

[illegible]



[illegible]

[illegible]

[illegible][illegible]



[illegible]

[illegible]

[illegible]

1 tablespoon Worcestershire sauce

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## COOKING

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		13g	101mg		21g	46g	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