

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)

1/2 cup uncooked lentils

1/2 cup water

2 cups beef broth, divided

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

Salt and pepper

2 teaspoons olive oil

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

1/4 cup minced shallots

1 tablespoon cornstarch

1 tablespoon Worcestershire sauce



1.00
Hours



4
Servings



42 Cal



46g
Protein

COOKING

1. Combine lentils, water and 1/2 cup broth in medium saucepan; bring to a boil. Reduce heat to low; cover and simmer 30 to 45 minutes or until lentils are tender but not mushy. Stir in thyme; season with salt and pepper, as desired. Keep warm.

2. Meanwhile heat large nonstick skillet over medium heat until hot. Place beef Tenderloin 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 and pepper, as desired. Keep warm.

3. Heat oil in same skillet over medium heat until hot. Add mushrooms and shallots; cook and stir 3 to 5 minutes or until mushrooms are tender and browned. Add remaining 1-1/2 cups broth to skillet, stirring until browned bits attached to bottom of pan are dissolved; bring to a boil. Combine cornstarch and Worcestershire sauce in small bowl; stir into mushroom mixture. Cook 2 minutes or until sauce thickens, stirring occasionally. Season with salt and pepper, as desired.

4. Divide lentils among 4 serving plates. Top with steaks and mushroom sauce.

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