

Bistro-Style Filet Mignon With Champagne Pan Sauce

Delicious Tenderloin Steaks are served with a unique barley risotto spiked with butternut squash and peas. Finish the entire dish with a champagne mushroom sauce.



INGREDIENTS

4 beef Tenderloin Steaks, cut 1 inch thick (about 5 ounces each)

1/2 teaspoon coarse grind black pepper

1 tablespoon olive oil

3/4 cup quick-cooking barley

1/2 cup brut Champagne or sparkling wine

1-3/4 cups reduced-sodium beef broth

1 cup diced butternut squash

4 cloves garlic, minced

1/2 cup frozen peas

Salt

1 tablespoon olive oil

1-1/2 cups assorted mushrooms, such as shiitake, cremini or button, sliced

2 cloves garlic, minced

3/4 cup reduced sodium beef broth

1/2 cup brut Champagne or sparkling wine

1/2 teaspoon chopped fresh thyme or 1/4 teaspoon dried thyme

1 teaspoon cornstarch

1 tablespoon water

45 Min

4
Servings

42 Cal

44g
Protein

COOKING

1. Heat oil in 3-quart saucepan over medium heat until hot. Add barley and cook 3 to 5 minutes or until golden brown, stirring occasionally. Stir in 1/2 cup of Champagne. Bring to a simmer. Cook and stir 30 to 60 seconds or until liquid is almost absorbed. Add 1-3/4 cup broth, squash and garlic; return to simmer and continue cooking 10 to 15 minutes or until barley is tender, stirring occasionally. Stir in peas, cover and remove from heat. Let stand 5 minutes; keep warm.

2. Meanwhile, press coarsely cracked pepper on both sides of beef steak. Heat large nonstick skillet over medium heat until hot. Place 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, as desired. Keep warm.

3. Heat oil in same skillet over medium heat until hot. Add mushrooms and garlic; cook and stir 3 to 5 minutes or until mushrooms are tender and browned. Add 3/4 cup beef broth, 1/2 cup Champagne and thyme to skillet, stirring until browned bits attached to bottom of pan are dissolved. Bring to a boil; cook 4 to 8 minutes or until mixture is reduced to 1 cup. Combine cornstarch and water; stir into mushroom mixture. Bring to a boil; cook 1 to 2 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired.

4. Serve steaks with sauce and risotto.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		17g	106mg		41g	44g	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