

Chateaubriand Sauce

As classic as a sauce can be, this one needs to live up to its name. Elevate a steak or roast with this pan sauce that was named for that center cut of a beef Tenderloin.

INGREDIENTS

- 3 tablespoons butter, divided
- 1/3 cup minced shallots
- 8 ounces sliced mushrooms
- 1 tablespoon minced garlic
- 1 cup dry white wine
- 1 (14 to 14-1/2 ounces) can reduced-sodium beef broth
- 1 teaspoon dried tarragon leaves



35 Min 20 42 Cal 0.7g
 Servings Protein

COOKING

1. Melt 1 tablespoon butter in 12-inch nonstick skillet over medium heat until hot. Add shallots, cook 2 minutes until golden brown, stirring often. Add mushrooms and garlic; cook for 3 to 4 minutes until mushrooms are tender, stirring often.
2. Stir in wine; simmer 7 to 8 minutes. Add broth and bring to a boil; simmer 15 to 20 minutes until the liquid has reduced by half. Whisk in remaining 2 tablespoons butter; stirring until the butter is incorporated. Stir in tarragon leaves. Season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
20		1.8g	4.6mg		1.3g	0.7g	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