

Individual Beef Wellingtons

Curious to make a Beef Wellington? Try our individual version first. Mushrooms, onions and thyme coat Beef Tenderloin then baked in a crispy dough.

INGREDIENTS

- 4 beef Tenderloin Steaks, 1 inch thick (4 ounces each)
- 2 teaspoons olive oil
- 1/2 pound mushrooms, finely chopped
- 3 tablespoons dry red wine
- 3 tablespoons finely chopped green onions
- 1/4 teaspoon dried thyme leaves
- salt and pepper
- 12 sheets phyllo dough
- Dijon-style mustard (optional)



1.00 Hours 4 Servings 42 Cal 28g Protein

COOKING

1. Heat oven to 425°F. In large nonstick skillet, heat oil over medium-high heat until hot. Add mushrooms; cook and stir until tender. Add wine; cook 2 to 3 minutes or until liquid is evaporated. Stir in green onions, thyme, 1/4 teaspoon salt and 1/8 teaspoon pepper. Remove from skillet; cool thoroughly.
2. Heat same skillet over medium-high heat until hot. Place steaks in skillet; cook 3 minutes, turning once. (Steaks will be partially cooked. Do not overcook.) Season with salt and pepper, as desired.
3. On flat surface, layer half the phyllo dough, spraying each sheet thoroughly with cooking spray. Cut stacked layers lengthwise in half lengthwise to make 2 equal portions. Place about 2 tablespoons mushroom mixture in center of each portion; spread mixture to diameter of each steak. Place steaks on mushroom mixture. Bring together all 4 corners of phyllo dough; twist tightly to close. Lightly spray each with cooking spray; place on greased baking sheet. Repeat this process for the remaining half of phyllo dough.
4. Immediately bake in 425°F oven 9 to 11 minutes or until golden brown. Let stand 5 minutes.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		12g	68mg		33g	28g	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.

