


# Beef Tenderloin Steaks With Red Wine Sauce

Treat yourself to these juicy beef Tenderloin Steaks topped with a wine, cognac and soy cream sauce.


## INGREDIENTS

- 2 beef Tenderloin Steaks, cut 3/4 inch thick (about 4 ounces each)
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25 Min



2  
Servings



42 Cal



26g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 teaspoon coarse grind black pepper

[illegible]



[illegible]

1 teaspoon coarse grind black pepper  
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1/2 cup Pinot Noir or other dry red wine  
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[illegible]

[illegible]

1/2 cup Pinot Noir or other dry red wine

3 tablespoons cognac or brandy

[illegible]

[illegible]



2 tablespoons reduced sodium soy sauce

[illegible]

[illegible]

[illegible]

2 tablespoons whipping cream

[illegible]

[illegible]

1/2 teaspoon brown sugar



[illegible]

[illegible]

[illegible]

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[illegible]

[illegible]

1 tablespoon unsalted butter, softened

Chopped fresh parsley (optional)





[illegible]

[illegible]

# COOKING

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# NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
2		18g	103mg		4g	26g	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