



Filet Mignon and BROCCOLINI® baby broccoli with Balsamic Mushroom Sauce

Servings

4

Calories

680

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

2 bunches Mann's BROCCOLINI® baby broccoli (about 15-18 stalks)

4 (6 ounce) filet mignon steaks

½ pound shiitake mushrooms, sliced (use half crimini or white if desired)

5 tablespoons butter or margarine

½ cup dry white wine

1 ½ cups beef broth

1 teaspoon thyme, chopped fresh

1 teaspoon balsamic vinegar

2 tablespoons flour

½ teaspoon black pepper, medium ground



The Method

For sauce, sauté mushrooms over high heat in 2 tablespoon of butter until limp. Add wine to pan and scrape up any pan drippings. Add broth, thyme, vinegar and pepper; bring to boil. Melt remaining 3 tablespoons of butter and blend with flour. Stir flour/butter mixture into sauce and cook, stirring until thickened. Keep warm.

Grill or broil steak as desired. Drop BROCCOLINI® baby broccoli into saucepan of boiling water. Cook for 3 minutes, drain. Serve BROCCOLINI® baby broccoli and steak with sauce. Makes 2 ⅓ cups sauce/

Nutrition Facts

Serving Size 106g | Servings: 8

Amount Per Serving

Calories 160 | Total Fat 11g (sat fat 4.5g trans 0g) | Cholesterol 15mg | Sodium 200mg | Total Carbohydrate 5g | Dietary Fiber 1g | Sugars 2g (Includes 0g Added Sugars) | Protein 8g | Vitamin D 0% | Calcium 15% | Iron 0% | Potassium 2%