## **Beef Tenderloin with Shiitake Mushroom Sauce**

- 4 4oz Beef Tenderloin steaks
- 1/2 Tsp Salt Divided
- 1/4 Tsp Pepper Divided
- Cooking Spray
- 2 Tsp Butter
- 2 Garlic Cloves Minced
- 4 Cups Shiitake Mushrooms Thinly Sliced
- 1/2 Tsp Fresh Thyme Chopped
- O Then Delegatio Vinegat
- 2 Tbsp Balsamic Vinegar
- 1 Tbsp Water
- 1 Tsp Low-Sodium Soy Sauce
- 1 Tbsp Fresh Thyme Leafs

## **Beef Tenderloin with Shiitake Mushroom Sauce**

- Sprinkle steaks with 1/4 tsp salt and 1/8 tsp pepper Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steaks to pan, saute 3 minutes on each side until crusty brown. Transfer steaks to a serving platter.
- 2. Heat pan over medium-high heat. Add buttoner to pan, swirling to coat, cook 15 seconds or until foam subsides. Add garlic to pan, saute 30 seconds. Stirring constantly. Add mushrooms, 1/2 tsp chopped thyme, remaining 1/4 tsp sald and 1/8 tsp pepper to pan. Saute 3 minutes or until mushrooms are tender, stirring frequently. Sir in vinegar, water and soy sauce, cook until liquid almost evaporates. Spoon mixture over steaks. Sprinkle with thyme leaves.