

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

2 Tbsp Balsamic Vinegar

1 Tbsp Water

1 Tsp Low-Sodium Soy Sauce

1 Tbsp Fresh Thyme Leafs

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1. 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 butter 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 salt 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.