

## Filet Mignon with Herb-Butter Sauce and Mushrooms

**Total Recipe Time:** 30 to 35 minutes

4 beef tenderloin steaks (filet mignon), cut 1 inch thick (about 6 ounces each)  
1 tablespoon butter  
1-1/2 cups assorted mushrooms (shiitake, enoki, straw, cremini, button or chanterelle), whole or cut in half if large  
1/4 cup minced shallots  
1-1/2 cups beef broth  
1/2 teaspoon chopped fresh thyme or 1/4 teaspoon dried thyme  
1 tablespoon cornstarch  
1 tablespoon water



1. Heat large nonstick skillet over medium heat until hot. Place beef steaks in skillet; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter, season with salt and pepper, as desired. Keep warm.
2. Heat butter in same skillet over medium heat until melted. Add mushrooms and shallots; cook and stir 3 to 5 minutes or until mushrooms are tender and browned. Add beef broth and thyme to skillet, stirring until browned bits attached to bottom of pan are dissolved; bring to a boil. Combine cornstarch and water in small bowl; stir into mushroom mixture. Cook 2 minutes or until sauce thickens, stirring occasionally. Season with salt and pepper, as desired.
3. Serve steaks with sauce.

**Makes 4 servings**

**Cook's Tip:** Filet mignon is another common name for beef tenderloin steaks.

**Nutrition information per serving:** 282 calories; 13 g fat (6 g saturated fat; 5 g monounsaturated fat); 97 mg cholesterol; 365 mg sodium; 5 g carbohydrate; 0.4 g fiber; 35 g protein; 11.4 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 2.0 mcg vitamin B<sub>12</sub>; 2.6 mg iron; 44.4 mcg selenium; 6.4 mg zinc; 136.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium, zinc and choline; and a good source of iron.

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