



30-Minute Filet Bourguignonne with Mashed Potatoes

READY IN



30 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bacon finely chopped
- 1 pound baking potatoes peeled cut into 1-inch pieces
- 1 pound frangelico cut into 2-inch pieces
- 0.5 teaspoon pepper black divided freshly ground
- 5 teaspoons butter divided
- 2 teaspoons flour all-purpose
- 0.5 teaspoon thyme leaves fresh chopped
- 1 garlic finely chopped

- 0.5 teaspoon kosher salt divided
- 3 tablespoons milk 2% reduced-fat
- 1 cup beef broth fat-free
- 8 ounce mushrooms quartered
- 1 cup pearl onions frozen
- 0.5 teaspoon sugar
- 2 teaspoons tomato paste
- 2 tablespoons water
- 0.5 cup cooking wine red

Equipment

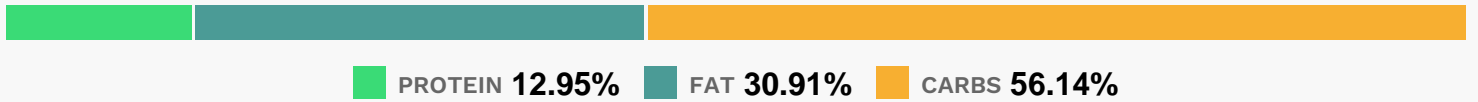
- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- potato masher
- microwave

Directions

- Place potato in a saucepan over high heat; cover with cool water. Bring to a boil; cook 10 minutes or until very tender.
- Drain. Return potato to pan; keep warm.
- While potato cooks, place onions in a microwave-safe bowl; cover with a paper towel. Microwave at HIGH 4 minutes. Finely chop 1 (2-inch) cube of tenderloin, and set aside. Pat dry the remaining beef cubes with a paper towel; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat a 12-inch cast-iron skillet over medium-high heat. Melt 1 tablespoon butter in pan; swirl to coat.
- Add seasoned beef cubes; saut 3 minutes, turning to brown on all sides.

- Remove beef from pan.
- Add finely chopped beef and bacon to pan; saut 3 minutes, stirring occasionally.
- Add mushrooms; saut 5 minutes or until mushrooms brown, stirring occasionally.
- Add garlic, chopped thyme, and sugar; saut for 1 minute, stirring constantly.
- Add tomato paste; cook 1 minute, stirring constantly.
- Add wine, and bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes or until liquid is reduced by half.
- Add onions and broth; bring to a boil. Cook for 1 minute.
- Combine 2 tablespoons water and flour in a bowl, stirring with a whisk until smooth.
- Add flour mixture to pan; cook for 1 minute, stirring constantly. Return browned beef cubes to pan; cook 2 minutes or until thoroughly heated and cooked to medium-rare or desired degree of doneness.
- Add the remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, remaining 2 teaspoons butter, and milk to potatoes in saucepan; mash with a potato masher until desired consistency.
- Serve beef and sauce over potatoes; garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:126.46, Glycemic Load:19.08, Inflammation Score:0, Nutrition Score:11.792608592821%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 236.97kcal (11.85%), Fat: 7.74g (11.91%), Saturated Fat: 4.1g (25.63%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 28.32g (10.3%), Sugar: 6.01g (6.68%), Cholesterol: 17.63mg (5.88%), Sodium: 518.34mg (22.54%), Alcohol: 3.12g (100%), Alcohol %: 0.84% (100%), Protein: 7.3g (14.6%), Vitamin B6: 0.58mg (28.84%), Potassium:

958.92mg (27.4%), Manganese: 0.38mg (19.22%), Vitamin B2: 0.32mg (18.98%), Vitamin B3: 3.74mg (18.7%),
Copper: 0.35mg (17.27%), Vitamin C: 13.32mg (16.15%), Phosphorus: 160.67mg (16.07%), Vitamin B5: 1.37mg (13.7%),
Vitamin B1: 0.2mg (13.4%), Fiber: 3.31g (13.24%), Selenium: 8.11µg (11.58%), Magnesium: 45.11mg (11.28%), Folate:
39.83µg (9.96%), Iron: 1.74mg (9.65%), Zinc: 0.93mg (6.17%), Calcium: 53.51mg (5.35%), Vitamin A: 241.65IU
(4.83%), Vitamin K: 3.49µg (3.33%), Vitamin E: 0.33mg (2.22%), Vitamin B12: 0.13µg (2.16%), Vitamin D: 0.26µg
(1.73%)