



Beef Medallions with Caramelized Pan Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



121 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef tenderloin trimmed cut into 8 (4-ounce) medallions
- 1 cup chicken broth
- 8 mushrooms fresh sliced
- 1 tablespoon olive oil
- 2 teaspoons oregano fresh chopped
- 1 pinch salt
- 4 servings salt and pepper black freshly ground to taste
- 0.5 cup tomato sauce

- 1.5 tablespoons butter unsalted chilled cut into cubes
- 1 tablespoon vegetable oil

Equipment

- frying pan

Directions

- Season beef medallions with salt and pepper to taste and set aside.
- Heat vegetable oil in a skillet over high heat. Cook beef until browned, about 2 minutes per side.
- Remove beef to a warm plate.
- Reduce heat to medium; cook and stir mushrooms, 1 tablespoon unsalted butter, olive oil, and a pinch of salt in the skillet until mushrooms are very well browned, about 10 minutes.
- Mix in tomato sauce; cook and stir until tomato sauce thickens, about 5 minutes.
- Pour in Marsala wine and increase heat to high. Cook, scraping browned bits from bottom of skillet. Once most of the wine has evaporated, stir in broth and bring to a boil; cook and stir until broth mixture has reduced by half, about 5 minutes.
- Reduce heat to low and return beef to broth mixture; simmer until beef is cooked to medium-rare, about 2 to 3 minutes.
- Transfer beef to serving plates.
- Remove skillet from heat. Cook and stir 1 1/2 tablespoons butter and oregano into the sauce until butter melts. Taste for seasoning and adjust if necessary.
- Spoon sauce over beef and serve immediately.

Nutrition Facts

  
 PROTEIN **6.62%**  FAT **81.07%**  CARBS **12.31%**

Properties

Glycemic Index:28.5, Glycemic Load:0.84, Inflammation Score:-8, Nutrition Score:5.6230434697607%

Nutrients (% of daily need)

Calories: 121.21kcal (6.06%), Fat: 11.56g (17.78%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 2.64g (0.96%), Sugar: 2.18g (2.42%), Cholesterol: 12.46mg (4.15%), Sodium: 375.73mg (16.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.25%), Vitamin K: 15.97µg (15.21%), Vitamin B2: 0.22mg (13.09%), Vitamin E: 1.56mg (10.37%), Vitamin B3: 1.93mg (9.63%), Copper: 0.18mg (8.99%), Vitamin B5: 0.72mg (7.15%), Manganese: 0.14mg (7.07%), Potassium: 243.96mg (6.97%), Selenium: 4.24µg (6.06%), Vitamin A: 282.54IU (5.65%), Fiber: 1.31g (5.24%), Iron: 0.93mg (5.19%), Phosphorus: 47.92mg (4.79%), Vitamin B6: 0.08mg (4.13%), Vitamin C: 3.01mg (3.64%), Vitamin B1: 0.05mg (3.62%), Folate: 12.1µg (3.03%), Magnesium: 11.76mg (2.94%), Calcium: 25.55mg (2.56%), Zinc: 0.35mg (2.33%), Vitamin D: 0.16µg (1.06%)