



Beef Tenderloin Medallions with Potato "Risotto"

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce beef tenderloin steaks (each)
- ☐ 1 tablespoon butter
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 6 servings coarse kosher salt
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 0.5 cup heavy whipping cream

- ☐ 1.5 cups low-salt chicken broth ()
- ☐ 1 tablespoon olive oil ()
- ☐ 1 cup onion finely chopped
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 1 pound yukon gold potatoes peeled cut into 1/8-inch-thick slices, then 1/8-inch cubes

Equipment

Directions

- ☐ Melt butter in heavy large saucepan over medium heat.
- ☐ Add onion; cover and cook until soft and translucent, stirring occasionally, about 7 minutes.
- ☐ Add potato cubes and cayenne pepper; sprinkle with coarse salt and pepper.
- ☐ Add 1 1/2 cups chicken broth; bring to boil. Reduce heat to medium and simmer until potatoes are almost tender, adding more chicken broth by tablespoonfuls if dry (mixture should be creamy with some sauce, not dry), about 8 minutes.
- ☐ Add cream and simmer until potatoes are tender but still hold their shape, stirring often, about 10 minutes. Stir in cheese and chives. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm over medium heat, stirring often.
- ☐ Sprinkle steaks with coarse salt and pepper, then chopped thyme.
- ☐ Heat 1 tablespoon olive oil in heavy large skillet over medium-high heat.
- ☐ Add steaks and cook to desired doneness, adding more oil as needed, 3 to 4 minutes per side for medium-rare.
- ☐ Divide potato risotto among plates.
- ☐ Place steaks on plates and serve.
- ☐ A Shiraz would be delicious with the beef. The 2008 Alice
- ☐ White Shiraz (\$8, Australia) has a soft, smooth texture, ripe fruit flavors, and a bargain price.
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 37.75%**  **FAT 46.25%**  **CARBS 16%**

Properties

Glycemic Index:47.13, Glycemic Load:10.32, Inflammation Score:-9, Nutrition Score:24.251304585001%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 454.79kcal (22.74%), Fat: 23.14g (35.59%), Saturated Fat: 10.6g (66.28%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 15.6g (5.67%), Sugar: 2.42g (2.68%), Cholesterol: 139.92mg (46.64%), Sodium: 404.19mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.5g (84.99%), Selenium: 54.34µg (77.62%), Vitamin B6: 1.34mg (66.94%), Vitamin B3: 12.6mg (63%), Zinc: 7.35mg (48.99%), Phosphorus: 465.45mg (46.55%), Potassium: 1053.65mg (30.1%), Vitamin B12: 1.73µg (28.88%), Vitamin C: 20.79mg (25.2%), Iron: 3.88mg (21.56%), Vitamin B2: 0.31mg (18.4%), Magnesium: 66.23mg (16.56%), Vitamin B5: 1.44mg (14.38%), Vitamin B1: 0.21mg (13.74%), Copper: 0.27mg (13.39%), Calcium: 114.3mg (11.43%), Vitamin A: 560.98IU (11.22%), Folate: 42.97µg (10.74%), Manganese: 0.21mg (10.51%), Fiber: 2.41g (9.66%), Vitamin K: 9.44µg (8.99%), Vitamin E: 1.15mg (7.67%), Vitamin D: 0.34µg (2.25%)