



## Spinach and Mushroom-Stuffed Beef Tenderloin with Truffled Wine Sauce

READY IN



120 min.

SERVINGS



12

CALORIES



127 kcal

SIDE DISH

### Ingredients

- ☐ 3 slices applewood-smoked bacon finely chopped
- ☐ 6 ounce baby spinach coarsely chopped
- ☐ 3 cups beef stock unsalted divided (such as Swanson)
- ☐ 3.3 pound beef tenderloin trimmed
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 3 tablespoons butter
- ☐ 16 ounce cremini mushrooms finely chopped
- ☐ 5 teaspoons flour all-purpose

- ☐ 1 tablespoon garlic minced
- ☐ 2.5 tablespoons olive oil divided
- ☐ 1 cup red wine (such as pinot noir)
- ☐ 1.5 teaspoons salt divided
- ☐ 0.5 cup shallots finely chopped
- ☐ 3 thyme sprigs
- ☐ 2 teaspoons truffle oil

## Equipment

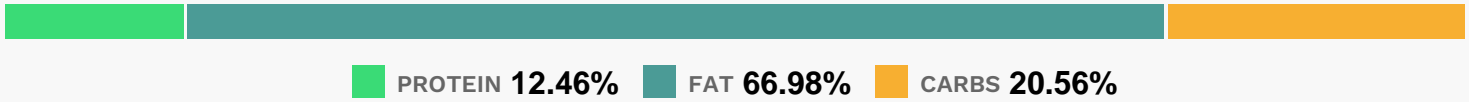
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ meat tenderizer
- ☐ kitchen twine

## Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Add bacon; cook for 2 minutes, stirring occasionally.
- ☐ Add shallots; cook 2 minutes, stirring occasionally.
- ☐ Add mushrooms; cook 3 minutes, stirring occasionally. Increase heat to medium-high.
- ☐ Add garlic; saut 30 seconds. Stir in 1/2 cup beef stock; cook until liquid almost evaporates, stirring occasionally (about 8 minutes).
- ☐ Add spinach; cook 1 minute or until spinach wilts.
- ☐ Preheat oven to 35

- ☐ Cut horizontally through center of beef, cutting to, but not through, other side using a sharp knife; open flat, as you would a book.
- ☐ Place beef between 2 sheets of plastic wrap; pound to an even 1/2-inch thickness (about 13 inches square) using a meat mallet or small heavy skillet.
- ☐ Brush beef with 1 1/2 teaspoons olive oil; sprinkle with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Spread mushroom mixture evenly over beef, leaving a 1/2-inch border around edges.
- ☐ Roll up beef, jelly-roll fashion. Secure at 2-inch intervals with twine.
- ☐ Brush all sides of beef evenly with remaining 1 tablespoon olive oil; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place beef on a jelly-roll pan.
- ☐ Bake at 350 for 30 minutes. Increase oven temperature to 450 (do not remove beef from oven); bake an additional 25 minutes or until a thermometer registers 12
- ☐ Let stand 15 minutes; cut across the grain into 12 slices.
- ☐ Combine remaining 2 1/2 cups beef stock, wine, and thyme, and bring to a boil. Cook until reduced to 1 cup (about 25 minutes). Discard thyme sprigs.
- ☐ Combine 1/4 cup stock mixture and flour in a small bowl, stirring with a whisk until smooth.
- ☐ Add flour mixture to stock mixture. Bring to a boil; cook 1 minute, stirring occasionally.
- ☐ Remove from heat, and stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, butter, and truffle oil.
- ☐ Serve sauce with beef.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:11.202173996231%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.57mg,

Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 127kcal (6.35%), Fat: 8.78g (13.51%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.1g (1.85%), Sugar: 1.82g (2.02%), Cholesterol: 11.15mg (3.72%), Sodium: 483.31mg (21.01%), Alcohol: 2.05g (100%), Alcohol %: 0.93% (100%), Protein: 3.68g (7.35%), Vitamin K: 71.29µg (67.9%), Vitamin A: 1431.91IU (28.64%), Selenium: 12.33µg (17.62%), Vitamin B2: 0.28mg (16.5%), Copper: 0.26mg (12.77%), Manganese: 0.25mg (12.67%), Vitamin B3: 2.36mg (11.82%), Potassium: 411.49mg (11.76%), Folate: 43.29µg (10.82%), Phosphorus: 88.03mg (8.8%), Vitamin B6: 0.16mg (8.05%), Vitamin C: 5.38mg (6.52%), Vitamin B5: 0.65mg (6.5%), Vitamin B1: 0.1mg (6.41%), Vitamin E: 0.93mg (6.17%), Magnesium: 22.64mg (5.66%), Iron: 0.97mg (5.4%), Zinc: 0.72mg (4.81%), Fiber: 0.97g (3.87%), Calcium: 33.7mg (3.37%), Vitamin B12: 0.07µg (1.19%)