



## Grass-Fed Mock Filet Mignon with Crimini-Cabernet Sauce

**Active Time:** 30 minutes | **Total Time:** 30 minutes | **Serves:** 4

### Nutrition Information Per Serving

325.2 calories, 6.46 g carbohydrate, 0.87 g fiber, 5.59 g NET carbs, 26.25 g protein, 17.4 g fat

#### Ingredients

- 3 tsp(s) Coconut Secret Coconut Aminos
- 2 Tbsp(s) chopped organic shallots
- 4 Tbsp(s) organic salted butter
- 2 tsp(s) freshly ground black pepper (coarse)
- 1/2 tsp(s) organic arrowroot
- 1 cup organic Cabernet Sauvignon
- 1 cup organic beef broth
- 1/2 pound(s) organic crimini mushrooms, sliced
- 16 ounce(s) grass-fed beef teres major
- 1 tsp organic dried thyme

#### Preparation

1. Cut the teres major steak into 1½" rounds that resemble filet mignon.
2. Melt half of the butter in a medium saucepan pan over medium heat. Add shallots and mushrooms; sauté for 4 minutes. Add half of the wine and half of the broth; cook for 5 minutes, stirring frequently. Set aside.
3. Meanwhile, cook the steaks. Sprinkle pepper over steaks. Melt remaining butter in a safe nonstick pan or cast iron skillet over medium-high heat. When bubbling, add steaks; cook 3 minutes on each side. Reduce heat to medium-low; cook 1 1/2 minutes on each side or until desired degree of doneness. Place on a platter; keep warm.
4. Add remaining wine and broth to skillet. Whisk in coconut aminos and arrowroot to thicken. Cook 1 minute, whisking, until arrowroot is dissolved. Add reserved mushroom mixture and thyme, cook 1 minute.
5. Serve sauce with steaks.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.