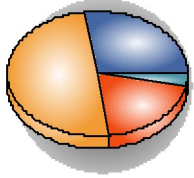




## Filet Bourguignonne with Cauliflower Mashed Potatoes

Recipe grams: 6242.16g/220.2oz

Serves 6 1040.36g/36.7oz per serving



Protein: 27%  
 Carbohydrates: 50%  
 Fat: 20%  
 Alcohol: 3%

### INGREDIENTS

1 head CAULIFLOWER, RAW, LARGE (6-7" DIAMETER)  
 1 lb BEEF TENDERLOIN, BROILED (FILET MIGNON STEAK)  
 1 tsp BUTTER W/SALT, 1 PAT = ABOUT 1 TSP, 1 STICK = 1/2 CUP  
 1 slice BACON, MICROWAVED, CURED  
 1 clove GARLIC, RAW  
 1 tsp THYME, FRESH  
 1 tsp SUGAR, GRANULATED  
 1 tbsp TOMATO PASTE, CANNED  
 1/2 cup WINE, RED, BURGUNDY, TABLE WINE  
 1 cup BEEF BROTH, CONDENSED, "RED & WHITE"  
 10 lb ONION, WHOLE, FROZEN, UNPREPARED  
 1 tbsp CORNSTARCH

### DIRECTIONS

Place cauliflower in a microwave safe dish. microwave 10 minutes until soft. Place in food processor with fat free half and half until smooth Season as desired.

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 teaspoon butter in pan; swirl to coat. Add seasoned beef; sauté 3 minutes, turning to brown on all sides. Remove beef from pan. Add finely chopped bacon to pan; sauté 3 minutes, stirring occasionally. Add garlic, chopped thyme and sugar and stir. 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.

Reserve 1/8 cup broth. Add onions and remaining broth; bring to a boil. Cook for 1 minute. Combine broth and corn starch in a bowl, stirring with a whisk until smooth. Add mixture to pan; cook for 1 minute, stirring constantly until thickened. Return browned beef cubes to pan; cook 2 minutes or until thoroughly heated and cooked to medium-rare or desired degree of doneness.

Serve beef and sauce over potatoes; garnish with thyme sprigs, if desired.

## Nutrition Facts

Serving Size: 1 serving (1040.4g)

Servings: 1

### Amount Per Serving

Calories 510 Calories from Fat 90

% Daily Value\*

**Total Fat** 10g **16%**

Saturated Fat 4g **20%**

Trans Fat 0g

**Cholesterol** 70mg **23%**

**Sodium** 480mg **20%**

**Total Carbohydrate** 75g **25%**

Dietary Fiber 16g **63%**

Sugars 33g

**Protein** 32g

Vitamin A 0%

• Vitamin C 210%

Calcium 30%

• Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet.