

Balsamic Red Wine Glazed Filet Mignon

submitted by brain_vomit



Per serving: 222 Calories • 6.5g Carbs (0.1g Fiber) • 6.7g Fat • 25.3g Protein

Ingredients

Ingredients scaled to: 2 serving

8 oz **Beef tenderloin** (227 grams)

1/2 tsp **Pepper** (1.1 grams)

1 tsp **Salt** (6 grams)

1/4 cup **Balsamic vinegar** (63.8 grams)

2 fl oz **Red wine** (58.8 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Sprinkle freshly ground pepper over both sides of each steak, and sprinkle with salt to taste.
2. Heat a nonstick skillet over medium-high heat. Place steaks in hot pan, and cook for 1 minute on each side, or until browned. Reduce heat to medium-low, and add balsamic vinegar and red wine. Cover, and cook for 4 minutes on each side, basting with sauce when you turn the meat over.
3. Remove steaks to two warmed plates, spoon one tablespoon of glaze over each, and serve immediately.