

# Beef Wellington

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-wellington-recipes>

## Ingredients:

- 2 1/2 pounds beef tenderloin
- 2 tablespoons olive oil
- 3 tablespoons butter
- 1 1/2 cups button mushrooms quartered
- 1 cup porcini mushrooms quartered
- 5 shallots peeled and finely chopped
- 1 bunch parsley
- 2 slices sandwich bread torn into pieces
- puff pastry
- 1 egg yolk

## Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 260 milligrams
4. Fat: 68 grams
5. Fiber: 1 grams
6. Protein: 64 grams
7. SaturatedFat: 27 grams
8. Sodium: 320 milligrams
9. Sugar: 1 grams

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