

Chateaubriand Steaks with Mushroom Red Wine Sauce

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/typical-christmas-dinner-recipe>

Ingredients:

- 1 1/2 pounds beef tenderloin
- salt to taste, for beef
- black pepper to taste, for beef
- 1 1/2 teaspoons extra-virgin olive oil
- 2 tablespoons butter
- 8 ounces cremini mushrooms sliced
- 1 shallot small, minced
- 1/4 teaspoon salt for vegetables
- 1/8 teaspoon black pepper for vegetables
- 1 clove garlic minced
- 1/2 cup dry red wine
- 1/2 cup beef broth
- 3 sprigs fresh thyme
- 1/3 cup heavy cream

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 160 milligrams
4. Fat: 47 grams
5. Fiber: 1 grams
6. Protein: 38 grams
7. SaturatedFat: 21 grams
8. Sodium: 580 milligrams
9. Sugar: 1 grams

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