

Blue Cheese & Mushroom Stuffed Beef Tenderloin

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-beef-tenderloin-recipe>

Ingredients:

- 2 tablespoons butter
- 10 ounces fresh mushrooms
- 1 large garlic clove
- 1 handful fresh parsley
- 2 pounds beef tenderloin
- 1/4 cup blue cheese
- 2 tablespoons butter
- 2 green onions thinly sliced
- 10 ounces fresh mushrooms sliced
- 1 large garlic clove minced
- 1 handful fresh parsley chopped
- 2 pounds beef tenderloin trimmed of fat
- 1/4 cup blue cheese crumbled

Nutrition:

1. Calories: 880 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 225 milligrams
4. Fat: 65 grams
5. Fiber: 1 grams
6. Protein: 66 grams
7. SaturatedFat: 28 grams
8. Sodium: 370 milligrams
9. Sugar: 2 grams

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