Beef Filets With Ancient Grain &Amp; Kale Salad

The most tender of them all, the Filet, is served beside a salad of faro, kale, dried cranberries and almonds.



40 Min | 2 Servings | 42 Cal | 47g Protein

INGREDIENTS

2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)

1/4 plus 1/8 teaspoon cracked black pepper, divided

Salt

3 cloves garlic, minced, divided

1 cup reduced-sodium beef broth

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1 cup thinly sliced kale

1/4 cup dried sweetened cranberries or cherries

2 tablespoons sliced almonds

2 teaspoons fresh lemon juice

COOKING

1. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

2. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

3. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

4. Season steaks with salt. Serve with farro mixture.

NUTRITION

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Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
2		14g	110mg		59g	47g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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