Beef Filets with Ancient Grain & Kale Salad

40 MIN	2 SERVINGS	550 CAL	47 G PROTEIN

Total Time: 40 min



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
- [ ] 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.



Funded by Beef Farmers and Ranchers