

## Tenderloin Steaks and Peppercorn Sauce

Serves 4

- » Vegetable oil spray
- » 4 beef tenderloin steaks (about 4 ounces each, cut about 1 inch thick), all visible fat discarded
- » 1/2 teaspoon black peppercorns, coarsely crushed

Prepare the peppercorn sauce (recipe follows).

Meanwhile, preheat the broiler. Lightly spray a broiler pan and rack with vegetable oil spray.

Sprinkle the peppercorns on both sides of the steaks. Press into the steaks. Place the steaks on the rack in the broiler pan. With the surface of the meat 2 to 3 inches from the heat, broil for 13 to 16 minutes for medium-rare to medium doneness, turning once.

*Serve the steaks with the peppercorn sauce.*

### Peppercorn Sauce

- » 1 tablespoon cornstarch
  - » 1 tablespoon cold water
  - » 1 14-ounce can fat-free, no-salt-added beef broth 1 small bay leaf
  - » 1/8 teaspoon dried thyme, crumbled
  - » 1/3 cup dry red wine (regular or nonalcoholic)
- 1/4 teaspoon black peppercorns, coarsely crushed

Put the cornstarch into a cup. Add the water, stirring to dissolve.

In a medium saucepan, whisk together the cornstarch mixture and the broth. Bring to a boil over high heat; cook until slightly thickened, stirring occasionally. Stir in the bay leaf and thyme. Reduce the heat to medium-high and cook for 10 to 12 minutes, or until the sauce is reduced to about 1 cup.

Stir in the wine and peppercorns. Reduce the heat and simmer for 5 minutes. Remove the bay leaf.



**DIETARY EXCHANGES** 3 Lean Meat

**NUTRIENTS PER SERVING** Calories 195; Total Fat 7.2 g; Saturated Fat 2.7 g; Polyunsaturated Fat 0.3 g; Monounsaturated Fat 2.9 g; Carbohydrates 2 g; Fiber 0.2 g; Cholesterol 67 mg; Protein 27 g; Sodium 83 mg; Niacin 7.7 mg; Vitamin B<sub>6</sub> 0.5 mg; Vitamin B<sub>12</sub> 1.4 mg; Selenium 29.7 mg; Zinc 4.6 mg; Iron 1.7 mg

This recipe is an excellent source of protein, niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, selenium, and zinc, and a good source of iron.