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Stuffed Beef Tenderloin

Recipe courtesy Paula Deen, 2008



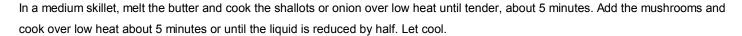
Prep Time:15 minLevel:Serves:Inactive Prep Time:15 minEasy2 to 3 servingsCook Time:50 min

Ingredients

- · 2 tablespoon butter
- 1/4 cup chopped shallots or yellow onion
- 1 cup chopped fresh mushrooms
- 1 (1 1/2-pound) beef tenderloin
- Salt and freshly ground black pepper
- · Soy sauce, to taste



Preheat oven to 400 degrees F.



Butterfly the beef tenderloin by cutting the beef lengthwise down the center to within 1/2-inch of the other side. Set the beef aside.

To stuff the tenderloin, open the beef and sprinkle in the inside with salt and pepper and rub with soy sauce. Spoon the mushroom mixture down the center of the tenderloin. Bring the 2 sides of the tenderloin up and around the filling to meet. Using butcher string, tie the tenderloin together at 2-inch intervals. Place the tenderloin in a roasting pan.

Roast for 40 minutes for medium rare. Let stand for 10 minutes before slicing. Slice about 1 1/2 inches thick.

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