

WELLINGTON-STYLE BEEF TENDERLOIN (for 2)

Source: BETTER HOMES & GARDENS Great Cooking For 2

Cooking Time: 35 minutes Prep Time: 18 minutes

INGREDIENTS:

1/2 pkg (17 1/2 oz) frozen puff pastry
4 beef tenderloins (4-5 oz each) OR 2 top loin steaks (8 oz each), cut 3/4" thick
2 C fresh mushrooms, finely chopped
3 green onions, thinly sliced (1/3 C)
2 TBS butter or margarine
2 TBS dry white wine (optional)
1/8 tsp dried thyme, crushed
1/8 tsp pepper

DIRECTIONS:

To thaw pastry, let stand at room temperature 20 minutes OR thaw overnight in refrigerator. Meanwhile, if using top loin steaks, cut each steak in half crosswise - in large skillet, brown tenderloins or top loin steaks in hot oil over medium heat (1 minute/side) - drain on paper towels, set aside.

In same skillet, cook mushrooms & onions in hot butter & wine 5-6 minutes or till tender & liquid has evaporated - remove skillet from heat - stir in thyme & pepper.

Preheat oven to 425° F. Unfold pastry & place on lightly floured surface - roll into 11" square - cut into 4 squares (5 1/2" each) - place 1/4 mushroom mixture in center of square, then put 1 steak atop - fold pastry over meat - if necessary, trim pastry to within 1/2" of edge of meat - reserve pastry trimmings. Turn bundles over - if desired, cut small shapes from trimmings, moisten with water & place atop bundles. Bake 2 bundles immediately, pastry side up, on rack in shallow baking pan for 18 minutes (for medium rare). Freeze other 2 bundles for up to 3 months (To serve: unwrap frozen bundles & bake, as above, but for 30 minutes - if necessary, cover with foil during last 5 minutes to prevent over-browning).

[per serving: calories: 527; protein: 29g; carbohydrates: 24g; total fat: 35g; saturated fat: 5g; cholesterol: 72mg; sodium: 414mg; potassium: 513mg]