



BEEF FILETS WITH ANCIENT GRAIN & KALE SALAD

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

40 MIN 2 SERVINGS 550 CAL 47 G 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
- 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.

550 CALORIES

4g SAT FAT

47g PROTEIN

4.5 mg IRON

8.2 mg ZINC

* Based on a 2,000 calorie diet

** Percent Daily Values are based on a 2,000-calorie diet

Nutrition information per serving: 550 Calories; 14g Total Fat; 4g Saturated Fat; 6g Monounsaturated Fat; 110mg Cholesterol; 682mg Sodium; 59g Total carbohydrate; 47g Protein; 4.5mg Iron; 15.1mg Niacin; 1.1mg Vitamin B6; 2mcg Vitamin B12; 8.2mg Zinc; 62.1mcg Selenium; 10g Fiber.



Funded by Beef Farmers and Ranchers