



## PEPPER & GARLIC-CRUSTED TENDERLOIN STEAKS w/PORT SAUCE

Basic Lifestyle

### INGREDIENTS

2 TSP black peppercorns  
½ TSP salt  
3 garlic cloves, minced  
4 (4-ounce) beef tenderloin steaks, trimmed (1 inch thick)  
Cooking spray  
¼ cup port wine  
¼ cup canned beef broth  
1 TBS chopped fresh thyme

### INSTRUCTIONS

—Place peppercorns in a small zip-top plastic bag; seal. Crush peppercorns using a meat mallet or small heavy skillet. Combine peppercorns, salt, and garlic in a bowl; rub evenly over steaks.

—Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steaks to pan. Reduce heat; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan. Cover and keep warm.

—Add port and broth to pan, stirring to loosen browned bits. Cook until reduced to ¼ cup (about 3 minutes). Place 1 steak on each of 4 plates; drizzle each serving with 1 TBS sauce. Sprinkle each serving with ¾ TSP thyme.

**SERVING INFO:** (Yields 4 servings) 1 fillet + 1 TBS sauce = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).