

Beef Tenderloin Napoleon with Mushroom, Carrot and Broccoli
(serves 4)

3 5 ounce beef filets (each cut into 4 rounds)
3 T olive oil
6 portabella mushroom caps
2 teaspoons balsamic vinegar
1 red onion - thinly sliced
1 large tomato - sliced
1 1/2 C carrot - chopped
1 1/2 C broccoli - chopped
2 cloves garlic - crushed
3 T chopped parsley
Salt and pepper to taste

1. Drizzle 2 T olive oil over beef , tomato, and onion slices. Season with salt and pepper. Grill or broil on HIGH for 1 1/2 minutes on each side.
2. Season the portabella mushrooms with salt and pepper and drizzle balsamic vinegar on top. Grill or broil for 3 minutes on each side.
3. In a large sauté pan on high heat, add remaining olive oil and garlic. Cook for 30 seconds and add carrots. Continue to cook for 3 minutes, stirring occasionally. Add broccoli and cook for two more minutes. Add parsley and TASTE.
4. Try to butterfly the mushroom (slice crosswise to make two rounds) and stack the beef, tomato, and red onion in order to create an alternating stack.
5. Place carrots and broccoli on plate and top with beef napoleon.