



## Cuisine Santé Beef Tenderloin (Gluten Free)

YIELD 4 SERVING

### Ingredients

½ oz HACO-Swiss Cuisine Santé Beef Stock  
 1 qt Water  
 4 oz Beef tenderloin  
 8 stalk Broccoli rabe  
 4 oz Baby carrots  
 4 oz Zucchini, wedges  
 4oz Yellow squash, wedges  
 8 ea Fingerling potatoes  
 4 oz Parsnip  
 2 oz Leek, wedge  
 2 oz Red beet  
 Oregano, chopped

### Preparation

#### Vegetables

Blanche all vegetables in salt water, keeping them firm in texture, except the red beets which are to be blanched separately to avoid “bleeding”, remove, and cool off in an ice bath.

#### Beef Tenderloin

Boil one quart of water and add the Cuisine Santé Beef Stock. Add the tenderloin and turn down the heat, slowly poach the tenderloin to desired temperature, and remove, and then add the desired vegetables.

### Setting

When beef and vegetables are hot lay out on the plate and pour Cuisine Santé Beef Stock on the plate, approximately 4 ounces. Slice tenderloin and place in the center of the plate. Serve immediately.

### Specialty Ingredients

#720 HACO-Swiss Cuisine Santé Beef Stock

### Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 1g	2%	Total Carb. 13g	4%
Serv. size 8 oz (227g)	Sat. Fat 0g	2%	Fiber 3g	10%
Servings 1	Trans fats 0g		Sugars 3g	
Calories 82	Cholest. 8mg	4%	Protein 6g	
Fat Cal. 11	Sodium 65mg	4%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 40%	Vitamin C 30%	Calcium 4%	Iron 8%