

# Espresso-Bourbon Steaks with Mashed Sweet Potatoes

Total recipe time: 45 minutes Makes 4 servings



## Ingredients

4 beef tenderloin steaks, cut 1 inch thick (about 4 ounces each)

2 to 4 teaspoons coarsely cracked black pepper

Mashed Sweet Potatoes (recipe follows)

Steamed green beans



## Espresso-Bourbon Sauce:

1/4 cup bourbon

1/4 cup maple syrup

1/4 cup reduced sodium soy sauce

1 tablespoon fresh lemon juice

2 teaspoons instant espresso coffee powder

1/8 teaspoon black pepper

## Instructions

1. Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat and simmer, uncovered 12 to 15 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in pepper. Keep warm.
2. Press coarsely cracked pepper on both sides of beef steak. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, prepare Mashed Sweet Potatoes.
4. Evenly divide sauce onto 4 plates. Place steak on top of sauce. Serve with Mashed Sweet potatoes and green beans.

**Mashed Sweet Potatoes:** Place 9 ounces peeled and cubed sweet potatoes and 1 teaspoon salt in large saucepan. Cover with water; bring to a boil. Cook 4 to 5 minutes or until potatoes are tender. Drain. Combine potatoes, 2 tablespoons butter, 1/8 teaspoon salt and 1/8 teaspoon black pepper. Beat until mashed and smooth.

## Nutritional Information Per Serving

Nutrition information per serving, including Mashed Sweet Potatoes and green beans: 438 calories; 13 g fat (6 g saturated fat; 4 g monounsaturated fat); 82 mg cholesterol; 1304 mg sodium; 43 g carbohydrate; 5.4 g fiber; 29 g protein; 8.9 mg niacin; 0.8 mg vitamin B6; 1.4 mcg vitamin B12; 3.2 mg iron; 29.8 mcg selenium; 6.0 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.