

Grass-Fed Bacon Wrapped Filet Mignon with Paleo Pan Sauce

Recipe Adapted From: GutsyByNature.com



Ingredients

4 pieces Grass-Fed filet mignon (6 oz each)
4 pieces pastured bacon
salt and pepper to taste
1 tablespoon bacon grease, coconut oil, or other cooking fat
1 shallot, diced
1 cup bone broth
2 tablespoons red palm oil

Directions

1. Wrap bacon around outside of each piece of meat and secure with a toothpick.
2. Sprinkle with salt and pepper.
3. Over medium-high heat, melt cooking fat and heat until shimmering.
4. Cook to desired doneness. Tent with aluminum foil to keep warm.
5. Cook shallot for several minutes in now empty pan, stirring constantly.
6. Pour bone broth into pan and use wooden spoon to loosen browned bits. Continue cooking until reduced by about ½.
7. Whisk in red palm oil.
8. Pour over steaks and serve immediately.

