

# Perfect Filet Mignon



## INGREDIENTS:

**2 FILET MIGNONS**

**2 T OLIVE OIL**

**KOSHER SALT & CRACKED PEPPER**

**2 T BUTTER**

# Perfect Filet Mignon



- Remove Filet Mignon to a plate and season liberally with salt and pepper. Allow to sit at room temperature for 30 minutes before searing.
- Preheat oven to 475 degrees.
- Heat 2 T of Olive Oil in a skillet on medium-high heat. Place the filets in the heated oil and sear for 2-3 minutes per side until golden brown.
- After searing both sides, place 2 T of Butter into the skillet and place in the oven. Cook 2-3 minutes for rare, 4-5 minutes for medium, 5-6 for medium well, and 7-8 minutes for well done. You may also check the internal temperature with a meat thermometer. Rare center will read 120-129 degrees, medium center 145-150 degrees, medium-well 150-155 degrees, and well-done 160 degrees or higher.
- As you are removing from the oven, spoon the melted butter in the skillet over the steak while still in the skillet. Then, using tongs, place steak on a plate or a board, cover with foil, and allow to rest for 10 minutes before serving. This will allow the juices to get back into the meat.

# Cheesy Broccoli Casserole



## INGREDIENTS:

**20 OZ. FROZEN CHOPPED  
BROCCOLI (I USE STEAM-IN-  
THE-BAG MICROWAVABLE  
BROCCOLI)**

**32 OZ. BLOCK OF VELVEETA  
CHEESE**

**3/4 CUP WHOLE MILK**

**1 SLEEVE OF RITZ CRACKERS**

**BUTTER**

# Cheesy Broccoli Casserole



- Preheat oven to 350 degrees.
- Use microwavable steam-in-the-bag broccoli (2 pkgs) and follow package instructions or you may boil frozen broccoli in salted water until crisp-tender, about 8 minutes. Drain and set aside.
- Cut Velveeta cheese into 1 to 2 inch chunks. In a large pot, heat half-and-half, Velveeta cheese, and 1 tsp. cracked pepper until the cheese is melted and the mixture is smooth. Add broccoli and stir to combine.
- Pour mixture into a buttered 9x13 baking dish. Top with crackers and dot with butter. Bake for 20 minutes or until bubbly and golden brown.



# Orange Glazed Carrots



## INGREDIENTS:

**1 ½ LB OF BABY CUT  
CARROTS**

**1/3 CUP PACKED BROWN  
SUGAR**

**2 T BUTTER**

**½ TSP SALT**

**½ TSP GRATED ORANGE ZEST**

**½ TSP CHOPPED FLAT-LEAF  
PARSLEY (FOR GARNISHING)**

# Orange Glazed Carrots



- In a 2 quart saucepan, heat 2 inches of water to a boil. Add carrots and once water is boiling again, reduce heat and simmer for 8 minutes until carrots are crisp-tender. Drain and set aside.
- In a large skillet, add butter, brown sugar, salt, and orange zest and cook into a paste, about 2 minutes.
- Stir in carrots. Reduce heat to low and cook for 5 minutes until the carrots are glazed and hot. The juice from the carrots will develop the glaze further, making it sauce-like, and will evenly coat the carrots. Serve immediately when done. Garnish with chopped flat-leaf parsley.