



## Espresso-Bourbon Steak with Mashed Sweet Potatoes

### 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

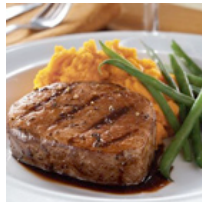
### Espresso-Bourbon Sauce:

- 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

Makes: 4 servings

Prep Time: 45 minutes

Grilling Time: 15 minutes



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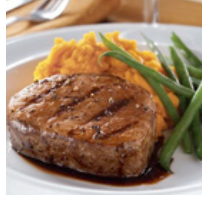
### Directions:

1. Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil.
2. 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.
3. Preheat grill to medium.
4. Prepare Mashed Sweet Potatoes.
5. Meanwhile press coarsely cracked pepper on both sides of beef steak.
6. Place steaks on grid and grill uncovered to desired doneness, turning occasionally.
7. Evenly divide sauce onto 4 plates.
8. Place steak on top of sauce.
9. Serve with Mashed Sweet potatoes and green beans.

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*Recipe and photo courtesy of The Beef Checkoff.*