

## Beef Tenderloin with Mushrooms

### Ingredients

6oz beef tenderloin steak  
1 tbsp fresh rosemary, rough chop  
1 tsp cracked black pepper  
6 button mushrooms, sliced  
¼ cup onion, thinly sliced  
½ tsp salt  
¼ cup beef demi glace

### Method

Season steak with salt, pepper, and rosemary and place in the center of the convectionware.

Add the remaining ingredients around the steak and stir to combine.

Secure the convectionware lid and cook in a 450 degree oven for 10 minutes for a medium rare steak.

**Quick Tip:** Substitute beef demi glace for golden mushroom or French onion soup.