



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
[meadowmaidfoods.com/recipes](http://meadowmaidfoods.com/recipes) (307) 534-2289

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### *Bacon-wrapped Filet Mignon*

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2-4 strips Bacon  
2 Meadow Maid® Foods Tenderloin Grass fed Beef Steaks  
Garlic Powder  
Worcestershire Sauce  
Toothpicks

Wrap each steak around the edge with raw bacon, securing the bacon with toothpicks. Sprinkle each wrapped steak with garlic powder and Worcestershire sauce.

Place prepared steaks on a medium-hot grill. Cook several minutes. Flip steaks. Grill several more minutes. This should produce a medium-rare steak. Steaks may also be broiled on a rack in a 450° oven. Turn once; be sure not to overcook. Allow steaks to rest for 5-10 minutes, loosely covered on a warm plate.

Gently remove toothpicks before serving.

#### **As a Valentines' Dinner for Two, serve with:**

Organic Greens with Orange-Ginger Vinaigrette - see recipe below  
Sautéed Portabelo Mushrooms  
Baked Sweet Potatoes  
Chocolate Mousse  
Hearty Red Wine such as Cabernet Sauvignon

#### **Organic Greens with Orange-Ginger Vinaigrette**

3 Tbs. Extra Virgin Olive Oil  
2 Tbs. Orange Juice  
1 Tbs. Rice Wine Vinegar (or apple cider vinegar)  
1/4 tsp. Grated Fresh Ginger  
1/8 tsp. Fresh-ground Black Pepper  
Fresh Organic Salad Greens and Grated Carrot  
Suggested Greens - these all grow great on the High Plains  
Arugula, Raddichio, Cress, Lettuce, Spinach, Baby Kale and Chard Leaves

Combine first five ingredients in a glass jar or bottle fitted with a tight lid. Shake vigorously to mix. Let stand for several hours to blend flavors.

To serve, place salad greens and grated carrots on serving plates. Top with vinaigrette.