



FILET MIGNON STUFFED WITH CRABMEAT

INGREDIENTS

1 TSP canola oil	1/4 lb. jumbo lump crabmeat
1/2 TSP garlic, chopped	1 - 5 oz. filet
1/4 lb. button, portabella, or shiitake mushrooms	1 TSP seasoning of your choice

DIRECTIONS

- 1 Sauté crabmeat and mushrooms with oil and garlic. Add pinch of seasoning.
- 2 Cut a slice in the side of the filet and stuff with crabmeat and mushroom mixture. Sprinkle seasoning on top.
- 3 Grill 5 minutes on both sides or until meat reads at 120°. Or bake at 450° for 10 minutes or until meat reads at 120°.