



Roasted Beef Tenderloin

Serves 12-14

1 four to five pound prime beef tenderloin roast, well-trimmed (1/8 in. or less)

Seasoned rub:

½ tsp salt

1 tsp dried rosemary leaves

2 cloves garlic, minced

1/2 teaspoon dried basil leaves, crushed

1/2 teaspoon dried oregano leaves, crushed

1 teaspoon cracked black peppercorns

½ tsp olive oil

1. Heat oven to 425°F.
2. Combine seasoning ingredients with olive oil; spread evenly onto tenderloin.
3. Place meat on rack in shallow roasting pan. Insert ovenproof meat thermometer in thickest part of roast, not resting in fat. Do not add water or cover.
4. Roast for 50 to 60 minutes for medium rare; 60 to 70 minutes for medium. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium.
5. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Internal temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
6. Carve roast into thin slices.

Nutritional Analysis

Serving size: 4.5 lb roast, 13 servings @5.6 ounces each

Calories	540
Total Fat	42g
Saturated Fat	17g
Cholesterol	140mg
Sodium	180mg
Carbohydrates	0g
Dietary Fiber	0g
Protein	38g

Diabetic Exchanges:

Protein	5.5
Fat	3
Carbohydrates	0