

ROAST TENDERLOIN

Yield: 8 Servings (6 oz. per serving)



TOTAL TIME: 1 hour 30 minutes

INGREDIENTS

- Trimmed & Tied Beef Tenderloin (about 4 lbs.)
- 2 Tbsp. Wegmans Basting Oil
- 2 Tbsp. Wegmans Cracked Pepper Seasoning Shak'r

PREPARATION

Preheat oven to 450 degrees.

1. Place tenderloin in roasting pan; rub with basting oil and cracked pepper seasoning.
2. Sear on center rack of oven 15 min.; reduce heat to 350 degrees.
3. Roast tenderloin about 15 min. per lb., until desired doneness. (Refer to temp. chart for final cooking temps.) Check internal temp by inserting thermometer halfway into the thickest part of the meat.
4. Transfer roast tenderloin to clean platter; let rest 10–20 min. Serve.

NUTRITION

Per serving: Calories: 510; Fat: 35 g (12 g saturated fat); Cholesterol: 150 mg; Carbohydrates: 0 g; Protein: 44 g; Sodium: 390 mg.

Recipe courtesy of Wegmans