



Grilled Beef Tenderloin

10 Servings • 1 Serving = 4 Ounces

INGREDIENTS

- 2 ½ pounds beef tenderloin
- Salt and freshly ground black pepper, to taste
- 2 Tablespoons vegetable oil
- ¼ Tablespoon butter

DIRECTIONS

1. Preheat a gas grill to medium-high heat, leaving one burner off. If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Cut the tenderloin into 10 equal medallions, 4 ounces each.
3. Season medallions with salt and pepper and brush with oil. Then place on grill.
4. Turn medallions over to complete cooking to desired degree of doneness. Remove and place on a sheet pan.
5. Top each serving with a slice of butter.

Nutrition Facts

10 servings per container
Serving size **4 ounces**

Amount per serving
Calories 230

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 740mg	32%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 3mg	15%
Potassium 421mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the Culinary Institute of America

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