

Herb Crusted Tenderloin

You'll Need: A large bowl, a large spoon, measuring cups, measuring spoons, aluminum foil, thermometer, and a roasting pan.

Preparation Time: 20 minutes

Cooking Time: 1 hour 30 minutes

Ingredients	Amount for 8 Servings
Tenderloin of meat	1 whole (2 ½ to 3 pounds)
Butter	1/3 cup
Parsley	½ cup
Rosemary	¼ cup
Thyme	¼ cup
Garlic	8 cloves, finely minced or a teaspoon of powder
Salt	1 teaspoon
Black Pepper	2 tablespoons
Dijon Mustard	¼ cup
Bread Crumbs	¾ cup
Worcestershire Sauce	¼ cup
Water	½ cup (more or less if needed)

Method:

Step 1: In a large mixing bowl, combined butter, herbs, garlic, salt, pepper, mustards, breadcrumbs, and Worcestershire sauce. Add enough water to make a medium-thick paste. **Step 2:** Spread paste thinly and evenly over the entire tenderloin. ***Important*** **Step 3:** Preheat oven to 525F (275C). Place tenderloin in oven and immediately reduce heat to 375F (190C). Cook for 1 hour and 30

... Continued

minutes. Check internal temperature. If 140F (60C) or higher, remove roast from oven and cover roast with aluminum foil for 15 minutes. If not 140F (60C), continue to cook until 140F (60C) and then cover with aluminum foil for 15 minutes.

Nutrients per Serving:

Calories: 250 kcal **Fat:** 17 g **Sodium:** 210 mg

Carbohydrate: 0 g **Fiber:** 0 g **Protein:** 24 g