

Beef Tenderloin

Elizabethh Steveson

The Church of St. Michael and St. George - St. Louis, MO - 1985

*2 bay leaves
1 onion, sliced thin
2 cloves garlic
2 tablespoons ground
pepper
1/4 cup fresh thyme (or 2
tablespoons dried)
1/4 cup dry red wine
2 tablespoons olive oil
1 four pound beef tenderloin
salt
pepper*

In a bowl, combine the bay leaves, onion, garlic, ground pepper, thyme, wine and olive oil. Add the meat.

Marinate the beef in the refrigerator overnight, turning occasionally. Remove the meat, pat dry, discard the marinade. Season with salt and pepper.

Grill for about 20 minutes for rare or until the desired doneness.

Per Serving (excluding unknown items): 1007 Calories; 80g Fat (73.6% calories from fat); 43g Protein; 21g Carbohydrate; 6g Dietary Fiber; 161mg Cholesterol; 157mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 2 Vegetable; 12 1/2 Fat.