
Spicy Beef Tenderloin

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 four pound beef tenderloin
1/3 cup lemon juice
1/3 cup peanut oil
1 teaspoon fresh ground black pepper
1 teaspoon herb seasoning
2 teaspoons Bon Appetit
1 teaspoon powdered horseradish
1/8 teaspoon mace
1/8 teaspoon garlic powder

In a sealable Ziploc bag, marinate the tenderloin in a mixture of lemon juice and peanut oil for 30 minutes to one hour, turning once or twice.

Remove the meat from the marinade.

In a bowl, combine the black pepper, herb seasoning, Bon Apepetit, horseradish, mace and garlic powder. Mix well. Rub the seasoning mixture over the meat.

Roast in the oven at 450 degrees for 45 minutes for rare doneness, or until a meat thermometer registers the desired degree of doneness.

Yield: 6 to 8 servings

Per Serving (excluding unknown items): 1300 Calories; 124g Fat (84.9% calories from fat); 41g Protein; 9g Carbohydrate; 1g Dietary Fiber; 161mg Cholesterol; 111mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Fruit; 21 1/2 Fat.