

Taste of Home

Cajun Beef Tenderloin



Warm up holiday gatherings with this hot spicy entree from Sue Dannahower in Fort Pierce, Florida. "The dry rub keeps the tenderloin moist and tender," Sue promises. Because it's so fuss-free, just pop it in the oven or grill, then sit back and make merry with guests...maybe catch the Super Bowl! TASTY TIP: For a festive change of pace from beef, resolve to try this spicy Cajun rub on pork ten

12 Servings Prep: 15 min. Grill: 50 min. + standing

Ingredients

- 1 beef tenderloin roast (3 pounds)
- 4 teaspoons salt
- 1 tablespoon paprika
- 2-1/4 teaspoons onion powder
- 1-1/2 teaspoons garlic powder
- 1-1/2 teaspoons white pepper
- 1-1/2 teaspoons pepper
- 1 to 3 teaspoons cayenne pepper
- 1 teaspoon dried basil
- 1/2 teaspoon chili powder
- 1/8 teaspoon dried thyme
- 1/8 teaspoon ground mustard
- Dash ground cloves

Directions

- Tie tenderloin at 2-in. intervals with kitchen string. Combine the seasonings; rub over beef. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.
- Prepare grill for indirect heat. Grill beef, covered, over indirect medium heat for 50-60 minutes, or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°), turning occasionally. Let stand for 10 minutes before slicing.
- To roast the tenderloin, bake on a rack in a shallow roasting pan at

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Directions (continued)

425° for 45-60 minutes or until meat reaches desired doneness.

Yield: 12 servings.

Nutritional Facts: 3 ounces cooked beef equals 172 calories, 7 g fat (3 g saturated fat), 50 mg cholesterol, 788 mg sodium, 2 g carbohydrate, 1 g fiber, 25 g protein. **Diabetic Exchange:** 3 lean meat.

Wine: Full-Bodied Red Wine: Enjoy this recipe with a full-bodied red wine such as **Cabernet Sauvignon, Merlot** or **Syrah**.

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