

## Prepared Beef Tenderloin

### Ingredients

<b>3 Tbsp coarse ground pepper</b>	<b>1 tsp salt</b>
<b>2 Tbsp olive oil</b>	<b>2 garlic cloves, minced</b>
<b>1 Tbsp grated lemon peel</b>	<b>1 (3 lb) whole beef tenderloin</b>

### Directions

- 1. Combine the pepper, oil, lemon peel, salt and garlic; rub over tenderloin. Place on a greased rack in a foil-lined roasting pan.**
- 2. Bake, uncovered, at 400 degrees F for 45-65 minutes or until beef reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F;; well done, 170 degrees F). Cover and let stand for 10 minutes before slicing.**