



## THE MEAT HOUSE: 60+ Minute Recipe

*Your Neighborhood Butcher*

### **HERB GRILLED TENDERLOIN OR BEEF**

*Yields: 4-6 Servings*

- 1-5 lb. beef tenderloin (trimmed and trussed by our expert butchers)
- ¼ cup EVOO
- 2 tablespoons black pepper
- 1 sprig thyme
- 1 sprig rosemary
- 1 tablespoon kosher salt
- 4 large cloves garlic (minced fine)

### **Instructions**

Preheat grill for 15 minutes on high heat. Place beef on a clean cutting board, and season with kosher salt, black pepper, thyme, rosemary and garlic. Rub with EVOO. Place beef on hot grill and sear for 5 minutes per side. After beef is completely seared, reduce heat to medium high and continue to cook. Turn beef every 10 minutes to ensure even cooking. Beef should be grilled for 40 – 50 minutes for medium or until desired doneness. Remove and let rest for 15 minutes before carving.



*For store locations, recipe ideas or to shop online visit:*

[www.TheMeatHouse.com](http://www.TheMeatHouse.com)