



Classic Beef Tenderloin Roast with Cranberry Drizzle

12 servings

approximately 3 ounces cooked beef and 1 cup vegetables per serving

INGREDIENTS • ROAST

- 1 pound yellow onions (peeled, cut into wedges)
- 2 ½ pounds Brussels sprouts (trimmed)
- 1 tablespoon olive oil
- 1 ¼ teaspoon salt, divided use
- 2 tablespoons chopped fresh thyme leaves
- 1 tablespoon black pepper
- 1 beef tenderloin roast, center cut (2 to 3 pounds)

INGREDIENTS • SAUCE

- ¼ cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16 ounces) whole berry cranberry sauce

DIRECTIONS

1. Preheat oven to 425°F. Combine onions, Brussels sprouts, oil and 1 teaspoon salt on large metal baking sheet; toss to coat. Set aside.
2. Combine thyme and pepper in small bowl. Reserve 1 teaspoon thyme mixture for sauce; set aside. Press remaining thyme mixture evenly onto all surfaces of beef tenderloin roast.
3. Place roast on rack in shallow roasting pan. Insert ovenproof-meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Place prepared vegetables in oven with roast. Roast beef for 35 to 45 minutes for medium rare; 45 to 50 minutes for medium doneness. Roast vegetables for 45 to 50 minutes, or until tender and lightly browned.
4. Meanwhile, prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer for 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer for 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved 1 teaspoon thyme mixture and remaining ¼ teaspoon salt. Keep warm.
5. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand for 15 to 20 minutes. (Temperature will continue to increase about 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)
6. Carve roast into slices. Serve with vegetables and sauce.

NUTRITION ANALYSIS (PER SERVING)

Calories	286
Total Fat	8.0 g
Saturated Fat	3.0 g
Trans Fat	0.5 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.5 g
Cholesterol	71 mg
Sodium	319 mg
Carbohydrates	29 g
Fiber	5 g
Sugars	17 g
Protein	28 g

Dietary Exchanges: 1 carbohydrate, 4 vegetable, 2 lean meat

This recipe from BeefItsWhatsForDinner.com is an American Heart Association Heart-Check Certified recipe.

