



NATURESOURCE™

Natural Angus Beef

Where great beef starts naturally™

Tenderloin & Garlic-Roasted Vegetables

SERVES 4-6

INGREDIENTS:

- 1 NatureSource whole beef tenderloin roast (4 to 5 pounds)
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon cracked black pepper
- 2 tablespoons grated Parmesan cheese

INSTRUCTIONS:

1. Heat oven to 425°F. Combine Italian seasoning and pepper; press onto NatureSource roast. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 425°F oven 50 to 60 minutes for medium rare; 60 to 70 minutes for medium doneness.
2. Remove NatureSource roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Tent with foil. Let stand 20 minutes. (Temperature will continue to rise about 10 degrees F to reach 145°F for medium rare; 160°F for medium.) Carve roast; sprinkle with cheese. Season with salt. Serve with vegetables.