

Blue Cheese Beef Tenderloin (for 8)

Submitted by: J Miller

"A recipe for whole beef tenderloin baked/topped with a blue cheese sauce."

Prep Time: 30 Minutes

Cook Time: 1 Hour

INGREDIENTS:

1 (3 lb) whole beef tenderloin
1/2 C teriyaki sauce
1/2 C red wine
2 cloves garlic, chopped
4 oz blue cheese, crumbled
1/3 C mayonnaise
2/3 C sour cream
1 1/2 tsp Worcestershire sauce

DIRECTIONS:

- 1 Place beef in a shallow dish. Combine teriyaki sauce, red wine & garlic; pour over beef. Allow beef to marinate in refrigerator for 30 minutes.
- 2 Preheat oven to 450° F (230° C).
- 3 Place tenderloin on broiler pan, and cook in preheated oven for 15 minutes. Reduce heat to 375° F (190° C) & cook 30-40 more minutes, or to desired doneness. Allow to set 10 minutes before slicing.
- 4 In a saucepan over low heat, combine blue cheese, mayonnaise, sour cream & Worcestershire sauce. Stir till smooth; serve over sliced tenderloin.

Nutrition at a glance:

amount per serving:

Calories	428
Protein	22 g
Total Fat	33 g
Sodium	1036 mg
Cholesterol	90 mg
Carbohydrates	7 g
Fiber	0 g