

## Beef Tenderloin With Easy Cranberry Balsamic Sauce

You're sure to keep your stamina during the hustle and bustle of the holiday season with this Tenderloin Roast recipe. Served with a cranberry balsamic sauce to make it that much more delicious.

### INGREDIENTS

- 1 whole beef Tenderloin Roast (about 4 to 5 pounds)
- 2 tablespoons chopped fresh thyme
- 1 tablespoon pepper
- 1/3 cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16 ounces) whole berry cranberry sauce
- 1/4 teaspoon salt



1.25  
Hours



10  
Servings



42 Cal



38g  
Protein

### COOKING

1. Heat oven to 425°F. Combine thyme and pepper; reserve 1 teaspoon seasoning mixture for sauce. Press remaining seasoning mixture evenly onto all surfaces of beef roast.
2. 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. Roast in 425°F oven 45 to 55 minutes for medium rare; 55 to 65 minutes for medium doneness.
3. 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 15 to 20 minutes. (Temperature will continue to rise about 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved seasoning and salt.
5. Carve Roast into slices; serve with sauce.

### NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
10		10g	115mg		21g	38g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com