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## Beef Tenderloin

*Atkins Kitchen*

Beef Tenderloin (filet mignon) is a holiday splurge. This recipe works equally well with broiled London broil, provided you like your meat rare. Accompany with [Bearnaise Sauce](#).

### Ingredients

- 1 beef tenderloin (about 4 pounds), thin end cut off and reserved for another use
- 1 1/2 tablespoons olive oil
- 1 teaspoon Kosher salt
- 1/2 teaspoon black pepper

### Directions

1. Heat oven to 425° F. Place beef in a jelly-roll pan. Rub with oil, salt and pepper. Insert a meat thermometer. Roast 30 to 35 minutes for medium-rare doneness. Thermometer should register 125° F.
2. Transfer to a cutting board; loosely tent with foil and let rest 10 minutes before slicing.

[ IN BRIEF ]

Servings: 8  
Prep time: 20 minutes  
Bake/Cook time: 30 minutes

[ NUTRITION PER SERVING ]

Protein: 41 grams  
Fat: 51.5 grams  
Calories: 642

Good for  
Atkins Points.

### You can find this article at:

[http://www.atkinscenter.com/food/recipes/all/Beef\\_Tenderloin.html](http://www.atkinscenter.com/food/recipes/all/Beef_Tenderloin.html)

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