

Garlic-Thyme Rubbed Beef Tenderloin Steaks

Classic and flavorful...thyme, sweet paprika, garlic and ground red pepper provide just the right amount of spice to any steak.



INGREDIENTS

- 2 pounds beef Tenderloin Steaks, cut 1-inch thick
- 3 tablespoons chopped fresh thyme or 1 tablespoon dried thyme leaves
- 2 tablespoons sweet paprika
- 3 cloves garlic, minced
- 1/4 teaspoon ground red pepper

5 Min 8 42 Cal 24g
 Servings Protein

COOKING

1. Combine rub ingredients; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals or over medium heat on preheated gas grill. Grill [according to the chart](#) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Before serving, carve steaks into slices or serve whole; season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		13g	65mg		2g	24g	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