

Try a steakhouse classic at home. Garlic-rubbed Beef Tenderloin Steaks are topped with creamy blue cheese.

[illegible]

25 Min



4

Servings



42 Cal



26g

Protein

[illegible]

[illegible]

[illegible]

[illegible]

1/2 teaspoon salt

[illegible]

1/2 teaspoon salt

[illegible]

1/2 teaspoon salt

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4 teaspoons crumbled blue cheese

4 teaspoons crumbled blue cheese

4 teaspoons crumbled blue cheese

4 teaspoons crumbled blue cheese

4 teaspoons crumbled blue cheese

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

2 teaspoons minced onion

[illegible]

[illegible]

Dash ground white pepper

[illegible]

Dash ground white pepper

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COOKING

1. Combine topping ingredients in small bowl. Rub beef steaks with garlic.
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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		10g	79mg		2g	26g	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