

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.

[illegible]

1.25
Hours



10
Servings



42 Cal



38g
Protein

[illegible]

[illegible]

1 whole beef Tenderloin Roast (about 4 to 5 pounds)

2 tablespoons chopped fresh thyme

[illegible]

[illegible]

1 tablespoon pepper

1 tablespoon pepper

1 tablespoon pepper

1 tablespoon pepper

1 tablespoon pepper

1 tablespoon pepper

1 tablespoon pepper

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1/3 cup balsamic vinegar

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1/3 cup balsamic vinegar

1/3 cup balsamic vinegar

1/3 cup balsamic vinegar

3 tablespoons finely chopped shallots

[illegible]

1 can (16 ounces) whole berry cranberry sauce

[illegible]

[illegible]

1/4 teaspoon salt
1/4 teaspoon salt
1/4 teaspoon salt
1/4 teaspoon salt
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COOKING

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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