



## Grilled Tenderloin

About recipe, why it is so great! Looking for a decadent dinner dish to impress, then look no further. The mignon is an extremely tender cut of beef, perfect to a special dinner for two. No major prep work required, just a grill and some Worcestershire sauce!

Prep Time: 20 min.

Cook Time: 10 min.

**Ready In: 30 min.**

**Serving Size:** 2 servings

### Ingredients

- ✓ 2 (4oz to 5oz) filet mignon
- ✓ 3 Tbsp. Worcestershire sauce
- ✓ Salt & pepper to taste

### Directions

1. Marinate the stakes in Worcestershire sauce for roughly 20-30 minutes by storing in a container or Ziploc bag with the Worcestershire sauce. Flip and shake to make sure the both sides of the stake gets marinated.
2. Preheat grill to roughly 400 degree F.
3. Grill steaks 5 minutes on each side or to desired doneness.

### Nutrition

*Amount per serving*

- ❖ Calories: 297
- ❖ Total Fat: 21 g
- ❖ Total Carbs: 4 g
- ❖ Protein: 22 g
- ❖ Cholesterol: 77 mg
- ❖ Sodium: 401 mg
- ❖ Potassium: 340 mg