

Beef Tenderloin



Rich and rustic, Beef Tenderloin is the ideal main course for families. Get gourmet flavor every time with help from your NESCO Roaster Oven. Simply marinate beef, preheat Roaster, and carve into perfectly juicy slabs of tender meat in as little as 35 minutes. We love serving with a side of potatoes or sauteed vegetables.

Your Key Ingredient:

[NESCO Roaster Oven](#)

Grocery Ingredients:

4 lb beef tenderloin
1 cup teriyaki sauce
1/3 cup soy sauce
1/4 cup beef broth
1/4 cup warm honey

1 green onion, chopped
1 clove garlic, minced
1 Tbsp celery seed
1 tsp ground black pepper
1/4 tsp lemon peel, grated

Instructions:

1. Place beef in shallow casserole. Combine remaining ingredients; stir until well blended. Pour over meat.
2. Cover with plastic wrap; refrigerate 4 to 6 hours, turning meat several times.
3. Preheat **NESCO® Roaster Oven** to 425° F. Lightly wipe cookwell with cooking oil. Set rack in preheated cookwell.
4. Place meat on rack. Cover; roast 35 to 40 minutes for rare (120° F on meat thermometer); 50 to 55 minutes for medium-rare to medium (125° F to 130°F on meat thermometer).
Serves 8.