

# Garlic and Herb Beef Tenderloin Roast

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-tenderloin-roast-recipe>

## Ingredients:

- 2 tablespoons finely chopped fresh thyme
- 2 tablespoons fresh rosemary finely chopped
- 1/4 cup flat-leaf Italian parsley finely minced
- 1/2 diced shallot small
- 1/2 cup olive oil
- kosher salt to taste
- cracked pepper to taste
- 2 beef tenderloin center cut, 2 lb. each
- 3 tablespoons olive oil
- 1 tablespoon unsalted butter
- salt to taste
- black pepper to taste

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 150 milligrams
4. Fat: 61 grams
5. Fiber: 1 grams
6. Protein: 46 grams
7. SaturatedFat: 19 grams
8. Sodium: 310 milligrams

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