

Beef Tenderloin Salad with Tomatoes and Avocado

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-tenderloin-recipes>

Ingredients:

- 1 pound beef tenderloin
- 1 cup red wine
- 2 garlic cloves thinly sliced
- 2 shallots thinly sliced
- 2 bay leaves
- 2 thyme sprigs fresh
- 2 rosemary sprigs fresh
- 1 teaspoon peppercorns
- 9 tablespoons olive oil
- kosher salt to taste
- 2 tablespoons red wine vinegar
- 1 teaspoon whole grain mustard
- 2 tablespoons shallots finely chopped
- freshly ground pepper to taste
- 6 ounces mesclun greens
- 1/2 red onion very thinly sliced
- 1 cup grape tomatoes halved
- 1 avocado pitted, peeled and thinly sliced
- Maldon sea salt or coarse sea salt, to taste

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 75 milligrams
4. Fat: 59 grams
5. Fiber: 6 grams
6. Protein: 27 grams

7. SaturatedFat: 13 grams
 8. Sodium: 490 milligrams
 9. Sugar: 3 grams
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