

Beef Tenderloin with Shallot and Syrah Reduction

Yield: 8 min
Total Time: 75 min

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

Ingredients:

- 1 beef tenderloin 2 1/2 to 3 lb.
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons fresh thyme minced
- 1 1/2 teaspoons fine sea salt
- 1 teaspoon freshly ground pepper
- 2 tablespoons shallots minced
- 1 cup syrah
- 2 1/2 tablespoons unsalted butter

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 85 milligrams
4. Fat: 27 grams
5. Protein: 23 grams
6. SaturatedFat: 11 grams
7. Sodium: 500 milligrams

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