

# Sous Vide Beef Tenderloin with Port Wine and Garlic

Yield: 5 min  
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-steak-flatbread-recipe-using-beef-tenderloin>

## Ingredients:

- 2 pounds beef tenderloin center-cut, See Recipe Note
- 1 teaspoon salt
- freshly ground black pepper
- 2 tablespoons vegetable oil divided
- 2 tablespoons butter
- 1/2 cup port wine tawny
- 5 cloves garlic
- 6 sprigs fresh thyme plus extra to serve
- 16907 beef tenderloin Roast, with Sautéed Mushrooms 17.00 7.00 2.00 0.00 4.00 0.00 4.00 Beef Dinner Favorite Winter,Holiday,Christma...
- 10482 prime rib
- 16 beef
- 10541 roast beef 16.00 7.00 2.00 0.00 3.00 0.00 4.00 Beef Dinner Favorite Winter,Holiday,Christmas Gluten-Free,Paleo
- 9956 pot roast
- 14 beef
- 14 beef
- 47 flank steak
- 10865 beef roulades with Walnut Parsley Pesto 13.00 7.00 2.00 0.00 2.00 0.00 2.00 Beef Dinner Holiday,Christmas Gluten-Free