

# Elk Tenderloin with Ancho Sauce

Yield: 2 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-elk-recipe>

## Ingredients:

- sauce ANCHO
- 1 white onion large, chopped
- 3 tablespoons lard corn oil or olive oil
- 1 large garlic clove minced
- 1 teaspoon salt
- elk
- 2 tablespoons vegetable canola or grapeseed oil, high smoke point
- salt
- 1 tablespoon black pepper finely ground
- 1 tablespoon green onion dried, powdered, optional

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 20 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 2 grams
7. SaturatedFat: 8 grams
8. Sodium: 1830 milligrams
9. Sugar: 8 grams

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