

CLASSIC BEEF TENDERLOIN ROAST WITH CRANBERRY DRIZZLE

Beef Tenderloin Roast served with Brussels sprouts and a tangy cranberry sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 1 HOUR 45 MINUTES | **SERVINGS:** 12

INGREDIENTS

- 1 beef Tenderloin Roast Center-Cut (2 to 3 pounds)
- 1 pound yellow onions, peeled, cut into wedges
- 2½ pounds Brussels sprouts, trimmed
- 1 tablespoon olive oil
- 1¼ teaspoons salt, divided
- 2 tablespoons chopped fresh thyme leaves
- 1 tablespoon pepper

Sauce

- ⅓ cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16 ounces) whole berry cranberry sauce



COOKING

1. Heat oven to 425°F. Combine onions, Brussels sprouts, oil and 1 teaspoon salt on metal baking pan; toss to coat. Set aside.

Cook's Tip: Peeled Cipollini or pearl onions may be substituted for yellow onions and omit cutting into wedges. Cipollini onions look and taste like small, flat onions but are actually bulbs of the grape hyacinth. Sometimes referred to as wild onions, they can often be found in the produce department of large supermarkets. To easily peel, place in boiling water 10 to 15 seconds. Remove from water and immediately place in a bowl of ice water. Drain and peel skin.

2. Combine thyme and pepper in small bowl. Reserve 1 teaspoon thyme mixture for sauce; set aside. Press remaining thyme mixture evenly onto all surfaces of beef Tenderloin Roast.
3. Place roast on rack in shallow roasting pan. Insert ovenproof-meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Place prepared vegetables in oven with roast. Roast beef in 425°F oven 35 to 45 minutes for medium rare; 45 to 50 minutes for medium doneness. Roast vegetables 45 to 50 minutes or until tender and lightly browned.

SAUCE

1. Meanwhile, prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved 1 teaspoon thyme mixture and remaining ¼ teaspoon salt. Keep warm.
2. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10° to 15°F to reach 145°F for medium rare; 160°F for medium.)
3. Carve roast into slices; serve with vegetables and sauce.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety