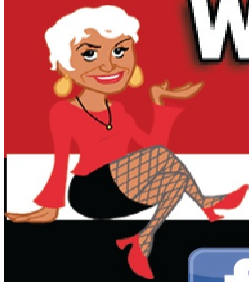


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



*No one does what we do!*



[weightnomoredietcenter.com](http://weightnomoredietcenter.com)

WeightNoMoreDC



## CLASSIC ROAST TENDERLOIN OF BEEF

Basic Lifestyle

### Ingredients

1 trimmed beef sirloin, about 3 pounds  
1 TBS olive oil  
freshly ground black pepper  
Morton's Lite salt, to taste

### Instructions

1. Preheat the oven to 425°.
2. Rub the tenderloin with olive oil and sprinkle it with a generous amount of black pepper. Place the tenderloin on a rack in a shallow roasting pan or baking sheet.
3. Roast the tenderloin for 30 minutes before sprinkling it with salt. Return it to the oven and continue to cook for 10 to 20 minutes more, depending on the exact size and the desired degree of doneness.
4. Remove it from the oven and let rest for at least 10 minutes before slicing.

**Portion-Per-Serving Information:** (Yields 8 servings)

Serving = 4 oz. (approximately 3 slices)