

# McQuade's Marketplace

## Beef Tenderloin

### Recommended Cooking Instructions



Preheat oven to 450°.

Allow meat to reach room temperature before placing in oven.

Rub with olive oil, seasonings of choice.

Place in oven at 450° for ten minutes.

After ten minutes, turn oven temperature down to 300°.

Roast in oven for 25 minutes at 300°.

Check for doneness - Roast should be taken out when internal temperature is 120°

