



Beef Tenderloin with Spinach and Sun-Dried Tomatoes

4-5lbs. Beef tenderloin roast, fat trimmed *

1 package of frozen chopped spinach

1/2 cup oil packed sun-dried tomatoes, drained and finely chopped

2 tsp. olive oil *

Preheat oven to 500F.

Using a well-scrubbed sharpening steel or some other thick pointed tool, pierce the tenderloin all the way through the center, lengthwise.

Rotate the sharpening steel to create a 1/2-inch hole.

Combine spinach, sun dried tomatoes, and olive oil in a bowl.

Use your hands to fill the tenderloin with spinach tomato mixture.

Bake at 500 for 10 minutes then lower oven temperature to 350 and continue to roast for 30 minutes.

It is very important that you do not open the oven door during this time.

Try adding sautéed scampis to your spinach and tomato mixture before stuffing.