

GLUTEN FREE

Chutneyed Beef Tenderloin

25 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$8.13	227 kcal

You can never have too many condiment recipes, so give Chutneyed Beef Tenderloin a try. This gluten free and dairy free recipe serves 12 and costs \$8.13 per serving. One portion of this dish contains around 36g of protein, 45g of fat, and a total of 745 calories.

Ingredients

- ☐ 5 pound beef tenderloin, trimmed
- ☐ 3 tablespoons butter or margarine
- ☐ 1 rib celery rib, chopped
- ☐ 4 cups reduced-sodium beef broth
- ☐ 1 onion, quartered
- ☐ 1 sprigs Garnish: fresh thyme whole roasted shallots (see Roasted Vegetables)
- ☐ ½ teaspoon chopped fresh or 1/4 teaspoon dried thyme
- ☐ 1 tablespoon butter or margarine, melted
- ☐ 1 carrot, chopped
- ☐ ½ teaspoon coarsely ground pepper
- ☐ 9 ounce hot mango chutney
- ☐ 1 teaspoon salt
- ☐ 12 servings Wine Reduction Sauce

EQUIPMENT Food processor, Bowl, Frying pan, Sauce pan, Oven, Whisk, Sieve, Roasting pan, Kitchen thermometer

Method

- 1

Bring first 4 ingredients to a boil in a saucepan over medium heat. Reduce heat, and simmer 40 minutes or until mixture is reduced to about 1 1/2 cups.
- 2

Pour mixture through a wire-mesh strainer into a large bowl, reserving vegetables; cover broth reduction mixture, and chill, if desired.

- 3 Process reserved vegetables in a food processor until smooth, stopping to scrape down sides; cover and chill, if desired.
- 4 Stir together chutney and next 3 ingredients.
- 5 Spread half of chutney mixture evenly over tenderloin.
- 6 Place tenderloin on a rack in a shallow roasting pan.
- 7 Bake tenderloin at 450 for 20 minutes.
- 8 Remove from oven, and spread remaining chutney mixture over tenderloin.
- 9 Bake 10 to 20 more minutes or until a meat thermometer inserted into thickest portion registers 145 (medium-rare) to 160 (medium).
- 10 Remove from pan, and let stand 15 minutes before slicing.
- 11 Remove rack from pan.
- 12 Add reserved beef broth reduction to pan. Bring to a boil over medium heat, stirring to loosen browned particles; pour into a large saucepan. Stir Wine Reduction Sauce and reserved vegetable puree into saucepan.
- 13 Bring mixture to a boil; reduce heat, and simmer, stirring frequently, 5 minutes.
- 14 Whisk in butter, 1 tablespoon at a time. Stir in thyme.
- 15 Serve with sliced tenderloin.
- 16 Garnish, if desired.

Nutrition per serving

	227 KCAL	2 g PROTEIN	4 g FAT	20 g CARBS
Saturated Fat				0.8 g · 5% of daily needs
Fibre				0.6 g · 2% of daily needs
Sugar				12.1 g · 13% of daily needs
Sodium				403 mg · 18% of daily needs
Cholesterol				0 mg · 0% of daily needs
Vitamin C				3 mg · 4% of daily needs

