



Smoked Beef Tenderloin

 Gluten Free  Dairy Free  Low Fod Map

READY IN



920 min.

SERVINGS



10

CALORIES



31 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 lb beef tenderloin trimmed
- 10 servings chimichurri sauce
- 2 tablespoons olive oil
- 10 servings wood chips
- 2 tablespoons hill country rub

Equipment

- grill
- kitchen thermometer

Directions

- Cover tenderloin, and let stand at room temperature 1 hour.
- Meanwhile, soak wood chips in water 30 minutes. Prepare smoker according to manufacturer's directions, bringing internal temperature to 300; maintain temperature for 15 to 20 minutes.
- Pat tenderloin dry; brush with olive oil, and sprinkle with Hill Country Rub.
- Drain wood chips, and place on coals.
- Place tenderloin on cooking grate; cover with smoker lid.
- Smoke tenderloin, maintaining temperature inside smoker at 300, for 45 minutes or until a meat thermometer inserted in thickest portion registers 13
- Let stand at room temperature 30 minutes; cover and chill 12 to 24 hours.
- Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 400 to 450 (high) heat.
- Place chilled tenderloin on cooking grate, and grill 2 minutes on each side.
- Let stand 5 minutes before slicing.
- Serve with Chimichurri Sauce.
- Budget-Friendly Steaks Feel free to substitute one of these for the tenderloin. Reduce the rub to 1 1/4 tsp., decrease smoker temp to 250, and follow smoking times below. Tri-tip steak: 1 1/2 lb. for 20 min. Flank steak: 1 lb. for 15 min.

Nutrition Facts

  
PROTEIN 1.43% FAT 84.7% CARBS 13.87%

Properties

Glycemic Index:6.43, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.8778260740573%

Nutrients (% of daily need)

Calories: 31.03kcal (1.55%), Fat: 3.01g (4.63%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.26g (0.28%), Cholesterol: 0mg (0%), Sodium: 17.17mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.23%), Vitamin K: 8.13µg (7.74%), Manganese: 0.06mg (2.86%), Vitamin E: 0.41mg (2.76%), Iron: 0.31mg (1.73%)