



Beef Tenderloin with Adobo Paste

Makes: 4 servings

Prep time: 8 minutes

Cook time: 8 minutes

Ingredients

- 1 tablespoon packed brown sugar
- 1 tablespoon fresh lime juice
- 1 garlic clove, minced
- 2 teaspoons extra virgin olive oil
- 1 tablespoon chili powder
- 16 ounces beef tenderloin, cut into 4 fillets

1. Preheat grill or broiler.
2. In a small bowl, combine brown sugar, lime juice, garlic, olive oil, and chili powder. Mix to a smooth paste.
3. Spread 1 teaspoon paste on each side of beef fillets. Broil to desired doneness, about 3 to 5 minutes per side.

Nutrition facts per serving: 215 calories, 25g protein, 7g carbohydrate, 10g fat (2g saturated), 0g fiber