

TOP LOIN FILET

Chimichurri-Marinated Top Loin Filets



**Total Time** 35 to 45 minutes

**Marinating Time** 15 minutes to 2 hours

**Makes** 4 servings

**4 beef top loin filets, cut 1-inch thick** (*about 4 to 6 ounces each*)

**CHIMICHURRI SAUCE:**

**2 cloves garlic**

**½ cup packed fresh cilantro**

**½ cup packed fresh parsley**

**¼ cup olive oil**

**2 tablespoons fresh lemon juice**

**½ teaspoon salt**

**½ teaspoon freshly grated lemon peel**

**¼ teaspoon crushed red pepper**

1. Prepare Chimichurri Sauce. Place garlic in food processor container. Cover; process until finely chopped. Add remaining sauce ingredients. Cover; process until well blended. Remove and refrigerate ¼ cup sauce for serving. Place beef filets and remaining sauce in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove filets from marinade; discard marinade. Place filets on grid over medium, ash-covered coals. Grill, covered, 12 to 15 minutes (*over medium heat on preheated gas grill, covered, 10 to 13 minutes*) for medium rare to medium doneness, turning occasionally.
3. Serve filets with reserved Chimichurri sauce.

*This recipe is an excellent/good source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.*