

BEEF TENDERLOIN WITH WILD MUSHROOM GRITS

Total preparation and cooking time: 1-1/4 to 1-1/2 hours

- 1 center-cut beef tenderloin roast (2 to 3 pounds)**
- 3 tablespoons fresh thyme, chopped**
- 4 teaspoons pepper**
- 2 tablespoons butter**
- 1 pound assorted wild mushrooms (oyster, cremini and shiitake), coarsely chopped**
- 1/4 teaspoon salt**
- 1/8 teaspoon pepper**
- Cooked grits**

1. Heat oven to 425°F. Combine thyme and 4 teaspoons pepper; reserve 1 tablespoon for mushrooms. Press remaining seasoning mixture evenly onto all surfaces of beef roast.
2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 425°F oven 35 to 40 minutes for medium rare; 45 to 50 minutes for medium doneness.
3. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile melt butter in large nonstick skillet over medium heat. Add mushrooms and 1 tablespoon reserved seasoning; cook and stir about 7 minutes or until mushrooms are tender. Season with salt. Keep warm.
5. Carve roast into slices. Serve over grits, as desired; top with mushrooms.

Makes 4 to 6 servings.

***Nutrition information per serving (1/4 of recipe):** 543 calories; 21 g fat (9 g saturated fat; 7 g monounsaturated fat); 149 mg cholesterol; 261 mg sodium; 32 g carbohydrate; 4.0 g fiber; 56 g protein; 18.8 mg niacin; 1.2 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 5.4 mg iron; 73.1 mcg selenium; 10.0 mg zinc.*

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

***Nutrition information per serving (1/6 of recipe):** 362 calories; 14 g fat (6 g saturated fat; 5 g monounsaturated fat); 100 mg cholesterol; 174 mg sodium; 21 g carbohydrate; 2.7 g fiber; 37 g protein; 12.5 mg niacin; 0.8 mg vitamin B₆; 1.9 mcg vitamin B₁₂; 3.6 mg iron; 48.7 mcg selenium; 6.7 mg zinc.*

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