

INGREDIENTS

5-8 lb beef tenderloin	handful of black pepper, cracked
1/2 cup extra virgin olive oil	1-2 TBSP of a dried herb - thyme, rosemary or oregano
handful of salt - kosher, sea or grey	

DIRECTIONS

- 1 Trim tenderloin then rub with olive oil, season with salt, pepper and dry herb of your choice (thyme, rosemary, or oregano). Customize rub by adding other ingredients if you prefer (brown sugar, chili powder, chipotle or any other spice).
- 2 Place tenderloin on the grill, approximately 4 minutes on each side (rotate every 2 minutes to create grill marks).
- 3 For best results transfer tenderloin into oven pre-heated to 350° F and bake for 25-35 minutes.