

# Bacon Stuffed Beef Tenderloin

*It's grilling season. This recipe has a ton of flavor and is perfect for all steak lovers.*

Recipe Type: Beef, Grilled, Main Dish

Degree of Difficulty: Easy

## Ingredients

### Stuffing

8 slices turkey bacon, cut into ½-inch pieces  
¼ cup finely chopped onion  
½ cup cornbread stuffing mix  
1 Tbsp Oil for frying  
¼ cup water

### Steaks

4 (6-oz.) boneless beef tenderloin steaks (about 1 ½ inches thick)  
½ tsp salt  
½ tsp pepper  
½ tbs garlic and herb seasoning  
2 tbs butter melted



## Directions

- 1 Heat Grill on medium heat.
- 2 Cook bacon in a large skillet on medium heat until almost crisp.
- 3 Place bacon on paper towels and let cool.
- 4 Heat oil in skillet. Add onions to the skillet and sauté for approximately 2 to 3 minutes.
- 5 Add cornbread stuffing mix and water to skillet mixing well.
- 6 Remove from heat.
- 7 Crumble bacon slightly and stir into stuffing mix.
- 8 With a sharp knife, create a pocket in the side of each steak.
- 9 Spoon in stuffing mixture.
- 10 Melt butter in microwave.
- 11 Add garlic and herb seasoning to melted butter. Mix to blend.
- 12 Brush butter mixture on both sides of steaks.
- 13 Season with salt, pepper and garlic powder.
- 14 Place on grill and cook for 4 to 6 minutes. Turn steaks and cook an addition 4 to 6 minutes (or until desired doneness).
- 15 Remove from grill and cover with foil. Allow steaks to rest for a couple of minutes.

## Cooking Times

Preparation Time: 30 minutes

Cooking Time: 15 minutes

## Nutrition Facts

Nutrition (per serving): 318 calories, 24.2g total fat, 9.4g saturated fat, 95.3mg cholesterol, 431.7mg sodium, 3.7g carbohydrates, <1g fiber, <1g sugar, 20.2g protein.

Servings: 8

Yield: Serving Size ½ steak

## **Weight Watchers Points**

Orig. WW Pts: 8

Points Plus: 8

Smart Points: 10

FreeStyle Smart Points: 10

### **Tips**

To broil steaks, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning once.

You can use regular bacon if desired for more flavor. This will add a lot more calories and WW points, so be sure to adjust the nutrition accordingly.