

Pesto Stuffed Beef Tenderloin

This beef tenderloin recipe is stuffed with the taste of bold basil flavor from the pesto. It's perfect for your cookout tonight.

Recipe Type: Beef, Grill, Main Dish

Degree of Difficulty: Easy

Ingredients

2 each (1-inch-thick) beef tenderloin steaks, 4 oz each
2 Tbs pesto
¼ cup butter (no substitutes), melted
¼ tsp garlic powder
¼ tsp salt
¼ tsp pepper



Directions

- 1 Heat grill on medium heat.
- 2 With a sharp knife, make a 1 inch slit in the side of each steak.
- 3 Make a pocket in the steak by moving the knife around. Be sure not to cut through to the edge of the steak.
- 4 Spoon half of the pesto into each steak spreading it around.
- 5 Melt butter. Add salt, pepper and garlic and mix to blend.
- 6 Brush each side of the steaks with seasoned melted butter.
- 7 Place steaks on grill approximately 4 to 6 inches from heat.
- 8 Cook for 6 to 10 minutes (depending on desired doneness). Turn steaks once half way through cooking time.

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 362 calories, 27.9g total fat, 10g saturated fat, 100.7mg cholesterol, 450.8mg sodium, 1.5g carbohydrates, <1g fiber, <1g sugar, 25g protein.

Servings: 2

Weight Watchers Points

Orig. WW Pts: 10

Points Plus: 10

Smart Points: 11

FreeStyle Smart Points: 11

Tips

For the desired doneness of your steak, use the finger/thumb method of your hand. Check out this article.

http://www.beefandlamb.com.au/How_to/Cooking_beef_and_lamb/Barbecue/How_to_tell_when_your_beef_steak_is_done