

Holiday Recipes

Beef or Pork Tenderloin

Ingredients:

3lbs of Beef or Pork Tenderloin
Goya Adobo seasoning to taste
3-4 Garlic Cloves minced
1 Teaspoon Lemon Pepper
1 teaspoon Sea Salt and Pepper
1/4 cup Tamari Soy Sauce
4 Teaspoons of Olive Oil

Directions:

Rub the meat with above seasoning mixture
24 hours before cooking.

Allow it to rest covered in the refrigerator.

Pan sauté or bake to desired temperature.