



# 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 tsp 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.