

ENTREE

Tropical Beef Tenderloin

Ingredients:

- 1 ea Beef Tenderloin Filet, 7 oz
- 4 oz Tropical Strawberry BBQ Sauce
- to taste Salt and Pepper
- 1/2 oz Tobacco Onions
- 7 oz Roasted Garlic Mashed Potatoes
- 6 oz Fresh Vegetable Medley
- 1 oz Olive Oil
- 2 tsp Garlic, minced

Garnish (optional)

- 1 sprig Fresh Cilantro

Tropical Strawberry BBQ Sauce

- Lyons Pineapple Topping - Item 0030 1/2 Cup
- Lyons Strawberry Topping - Item 0034 1/2 Cup
- Mandarin Oranges, drained 1 Can, 8 oz.
- BBQ Sauce 2 Cups
- Red Onions, chopped 1/4 Cup
- Cilantro, chopped 2 Tbsp.
- Garlic, minced 1 Tbsp.
- Salt 1 Tbsp.
- Black Pepper 1 Tbsp.
- Olive Oil 2 Tbsp.

Heat olive oil in pan, sauté red onions until translucent and add garlic. Mix all remaining ingredients except the corn starch and water. Pour mixture in pan and bring to a boil. Let simmer for 10 minutes, or until desired thickness is reached.

Procedure:

1. Season beef with salt and pepper to taste, place on hot grill, brush with Tropical Strawberry BBQ Sauce and cook to medium rare.
2. Heat 1 tsp. of olive oil in sauté pan and add vegetables, garlic and salt and pepper to taste, toss in hot pan until heated throughout.
3. On round plate pipe potatoes in center. Drizzle 2 ozs. of Tropical Strawberry BBQ Sauce around the plate.
4. When beef is done remove from grill and place on plate on top of the potatoes. Arrange vegetables around plate.
5. Drizzle 1-2 Tbsp. of sauce over the beef and pile the tobacco onion on top.
6. Garnish with cilantro.

