



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Supported by

JPMorganChase

Roasted Beef Tenderloin with Horseradish Seasoning Rub

This roasted beef tenderloin with horseradish seasoning is tender, flavorful, and perfectly balanced with roasted red onions for an elegant, comforting meal.

Cook Time: 20 mins | Servings: 8

NUTRITION NOTES

- Bold and tangy, **prepared horseradish** adds a flavorful kick that awakens the palate. It's naturally low in calories and rich in plant compounds that may support circulation and immune health.
- Savory and aromatic, **garlic** enhances flavor while providing beneficial antioxidants and compounds linked to heart health. It's a simple ingredient that brings depth and warmth to every bite.
- Fragrant and earthy, **thyme** offers subtle herbal notes that balance the richness of the beef. This antioxidant-rich herb may also support immune and respiratory health.
- Tender and lean, **beef tenderloin** is a high-quality protein source that delivers essential nutrients like iron, zinc, and B vitamins, supporting muscle health and lasting energy.



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Printing
Courtesy of:



INGREDIENTS

- 2 tablespoons prepared horseradish
- 2 tablespoons mustard, stone-ground or Dijon
- ½ teaspoon kosher salt
- ½ to 1 teaspoon black pepper, freshly ground
- 3 cloves garlic, minced
- 1 large shallot, minced
- 1 tablespoon dried thyme leaves
- vegetable oil cooking spray
- 1 tablespoon olive oil
- 1 (2-pound) beef tenderloin
- 4 large red onions, quartered

Nutrition Profile: High-Protein | Moderate-Fat | Moderate-Sodium | Iron-Rich | Herb-Seasoned | Low-Carbohydrate

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 8 | Calories: 260

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|----------------------|--------------------------|
| • 13g Total Fat | • 10g Total Carbohydrate |
| • 4.5g Saturated Fat | • 2g Dietary Fiber |
| • 70mg Cholesterol | • 24g Protein |
| • 280mg Sodium | |

INSTRUCTIONS

Prep: Mince garlic, mince shallot, quarter cut red onions, and measure out other ingredients/take out of packaging with tenderloin being last. Measure all other ingredients & set aside.

1. Preheat oven to 425 °F. Process the horseradish, mustard, salt and pepper in a food processor, blender, or whisk until smooth. Combine the garlic, shallot, thyme and oil with the horseradish mixture in a small bowl to make the seasoning rub.
2. Place the trimmed tenderloin (small end tucked) and the quartered onions in a roasting pan sprayed with the cooking spray. Spread or pat the seasoning rub on the tenderloin.
3. Cover and roast for 20 minutes. Baste with the meat juices; roast, uncovered, for another 10 to 20 minutes to desired doneness.
4. Cut tenderloin in half vertically. Insert thermometer into geometric center & cooked to desired temperature based on USDA guidance below.

The USDA recommends not eating or tasting raw or undercooked meat. Meat may contain harmful bacteria. Cook beef to a minimum internal temperature of 145°F. For medium-well, beef should be cooked to 160 °F. For well-done, 170 °F. For safety and quality, allow meat to rest for at least three minutes before carving or consuming.

**Nutrition information provided directly by Eatright.org and reflects values listed at the time of publication. Recipe sourced from: eatright.org*