



# Zesty Beef Tenderloin Steaks

Servings: 4 servings

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## Ingredients

- 2 tsp. minced, bottled garlic
- 1 tsp. dijon mustard
- 1 tsp. chili powder
- 1 tsp. crushed red pepper
- 1/2 tsp. salt
- 1/2 tsp. dried thyme
- 4 (4 oz.) beef tenderloin steaks, trimmed of fat
- 2 tsp. olive oil

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## Directions

Combine garlic, mustard, chili powder, red pepper, salt and thyme in a small bowl. Brush steaks with olive oil and rub in seasonings. Refrigerate for an hour. Grill or broil until done and serve with a small baked sweet potato and spinach salad.

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