



Mustard and Chili Rubbed Roasted Beef Tenderloin

Ingredients

- 1 -2-3 lb beef tenderloin trimmed, rinsed and patted dry
- 3 tblsp extra virgin olive oil
- 1 tblsp dijon mustard
- 1 tsp dried oregano
- ½ tsp chili powder
- 1 tsp chipotle chili powder
- ½ tsp ground cumin
- ½ tsp black pepper
- 1 large garlic clove
- salt to taste

Preparation

- **Step 1:** Preheat the oven to 450 degrees F. Tie roast with kitchen string in three evenly placed places to maintain it's shape.
- **Step 2:** In a small bowl, whisk together 1 tbls oil, the dry mustard, oregano, both chili powders, cumin, pepper and garlic. Basically all the stuff that tastes good mix it together in this bowl and leave it alone til later.
- **Step 3:** In a large skillet, heat oil until very hot. Rub the beef with salt and pepper and tell it a nice story. It probably won't change the flavor but anyone watching you will be confused and that's fun. Then tell it be careful and throw it in the searing hot oven. Do this in front of your kids if you can. Sear it until it forms a nice crust about 3-4 min per side.
- **Step 4:** Transfer beef to a rimmed baking sheet. Using a pastry brush, bbq brush or a panda bear whatever you have available smear the mustard-chili rub all over the beef. Roast until a meat thermometer registers 115 for rare or 120 for medium rare or ...any more than that smack yourself in the face with the cookie sheet and go get some chicken nuggets. Now remove from oven and let rest for at least 15min. Then slice and serve ...or run off into the woods with the whole thing and eat it with your hands. We won't judge.