

Beef

Chipotle Beef Tenderloins

Taste Of Home - June/July 2011

Servings: 6

Preparation Time: 40 minutes

Grill Time: 10 minutes

3/4 cup sweet onion, chopped
3/4 cup green pepper, chopped
1 jalapeno pepper, seeded and minced
1 chipotle pepper in adobo sauce, minced
2 tablespoons olive oil
3 cups tomatoes, seeded and chopped
1 tablespoon chipotle hot pepper sauce
2 teaspoons sugar
1 teaspoon salt
1 teaspoon chili powder
1/2 teaspoon ground cumin
2 tablespoons fresh cilantro, minced
1 teaspoon liquid smoke flavoring (optional)
6 6-ounce beef tenderloin steaks, 1 1/2-inch thick
2 teaspoons steak seasoning

In a Dutch oven, saute' the onion, green pepper, jalapeno and chipotle pepper in oil until tender.

Add the tomatoes, pepper sauce, sugar, salt, chili powder and cumin. Bring to a boil. Reduce the heat and simmer, uncovered, for 30 minutes or until thickened, stirring frequently.

Remove from the heat. Stir in the cilantro and liquid smoke, if desired.

Sprinkle steaks with steak seasoning. Grill over medium heat for 7 to 8 minutes on each side or until meat reaches desired doneness.

Serve with the sauce.

Per Serving (excluding unknown items): 556 Calories; 44g Fat (71.0% calories from fat); 31g Protein; 9g Carbohydrate; 2g Dietary Fiber; 120mg Cholesterol; 450mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 6 Fat; 0 Other Carbohydrates.