

# **Slow Cooker Beef Tenderloin**

Using a crock pot or slow cooker is a great way to prepare home cooked meals with very little effort and time. This method heats food gently and locks in all the taste allowing for a better distribution of flavours throughout your dish. This recipe is very versatile and can be paired with many different veggies and grains to create a well-balanced meal.

### Prep: 15 minutes • Total: 4-6 hours

#### Ingredients:

Beef tenderloin	1 lb	450 g
Onion, chopped	1 each	1 each
Celery, chopped	2 stalks	2 stalks
Carrot, peeled and chopped	1 large	1 large
Onion soup mix, low sodium	1 package	1 package
Water	1 cup	250 mL
Olive oil	2 Tbsp	30 mL

#### **Directions:**

- 1. Heat oil in a large pan on medium/high.
- Sear outside of beef tenderloin until outside is browned, place in slow cooker
- 3. Add onion, celery and carrots.
- 4. Whisk onion soup mix into water, add to slow cooker.
- 5. Mix all ingredients around and turn slow cooker on to low for 6 hours or high for 3-4 hours.

Serving Size ( Servings Per C		
Amount Per Servi	ng	
Calories 380	Cald	ories from Fat 150
		% Daily Value*
Total Fat 17g		26%
Saturated Fat 5g 25		25%
Trans Fat 0o	9	
Cholesterol 80mg 27		27%
Sodium 1000mg 42		42%
Total Carbohydrate 19g 6%		
Dietary Fiber 3g 12%		
Sugars 6g		
Protein 37g		
1		1.50
Vitamin A 0%	•	Vitamin C 8%
Calcium 6%	•	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		

Calories:

Less than

Less than

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Saturated Fat Less than

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Dietary Fiber

2,000

20g 300mg

300g

2,400mg

**Nutrition Facts** 

Adapted from: NutritionRx in partnership with Chef Lindsay Sferrazza

2,500

25g 300mg

2,400mg

80g

## Makes 4 servings (283 g / serving) • 1 serving = 4 oz beef

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