

# Chimichurri-Marinated Top Loin Filets

## INGREDIENTS

4 beef top loin filets, cut 1-inch thick (about 4 to 6 ounces each)

### CHIMICHURRI SAUCE:

2 cloves garlic

½ cup packed fresh cilantro

½ cup packed fresh parsley

¼ cup olive oil

½ teaspoon salt

½ teaspoon freshly grated lemon peel

¼ teaspoon crushed red pepper

**Total Recipe Time** 35 to 40 minutes

**Marinating Time** 15 minutes to 2 hours

**Makes** 4 servings

*This recipe is an excellent/good source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.*



1. Prepare Chimichurri Sauce. Place garlic in food processor container. Cover; process until finely chopped. Add remaining sauce ingredients. Cover; process until well blended. Remove and refrigerate ¼ cup sauce for serving. Place beef filets and remaining sauce in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove filets from marinade; discard marinade. Place filets on grid over medium, ash-covered coals. Grill, covered, 12 to 15 minutes (over medium heat on preheated gas grill, covered, 10 to 13 minutes) for medium rare to medium doneness, turning occasionally.
3. Serve filets with reserved Chimichurri sauce.