

Grilled Beef Tenderloin

Type: Beef**Prep Time:** 000**Style:** American**Cook Time:****Serves:** 6**Calorie Count:****Favorite:****My Recipe:**

Ingredients:**Method:**

Combine all ingredients except the beef. 15 minutes before grilling, spread mixture on filets. Grill to desired doneness.

3/4 cup soy sauce**1/2 cup sugar****1/2 cup toasted sesame seeds**
-- crushed**1/4 cup vegetable oil****1/4 cup flour****2 scallions -- sliced****2 cloves garlic -- minced****1/4 teaspoon ground pepper****3 to 4 pounds beef tenderloin**
-- cut into filets