

# Grilled Pork Tenderloin



1.5 lbs Pork Tenderloin

2-3 tablespoons Olive oil

Salt and Pepper

Your favorite Steak Rub (we suggest Old Saratoga Rubs or Lillie's Q)

1 cup of your favorite BBQ sauce (we suggest Rufus Teague or Lillie's Q)

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Rub the tenderloin all over with Olive oil then sprinkle with steak rub.

Create a double heat zone on the grill, meaning that one side is going to be hotter than the other.

**Step 1:** Preheat the grill with all burners set to high heat until the internal temperature reaches at least 500 degrees.

**Step 2:** Turn 1/2 or 1/3 of the burners (depending on how many burners your grill has) to low heat.

**Step 3:** Place the tenderloin on the high heat side of the grill then grill for 1-1 1/2 minutes on all sides, closing the lid between flipping.

**Step 4:** Move the tenderloin over to the low heat side of the grill then grill for 4 minutes on each side or until an instant read thermometer inserted into the center of the tenderloin reads 140 degrees. Again, keep the lid closed between flipping. Let the tenderloin rest for 10 minutes before slicing into thick slices.