

# Grilled Pork Tenderloin



-1.5 lbs pork tenderloin

-2-3 tbsp olive oil

-salt & pepper

-your favorite steak or pork rub/seasoning

-1 cup of your favorite BBQ sauce

(we suggest Lillie's Q for both the seasoning and sauce!)

Rub the tenderloin all over with olive oil then sprinkle with steak/pork seasoning rub. Create a double heat zone on the grill, meaning that one side of the grill will be hotter than the other.

**Step 1:** Preheat the grill with all burners set to high heat until grill temp hits 500°F.

**Step 2:** Turn ½ or 1/3 of the burners (depending how many your grill has) to low heat.

**Step 3:** Place the tenderloin on the high heat side of the grill for 1- 1 ½ minutes on all sides, closing the lid between flipping.

**Step 4:** Move the tenderloin over to the low heat side of the grill and cook for 4 minutes on each side or until your meat thermometer reads 140°F internal at the center of the tenderloin. Remember to keep grill closed while cooking between flips. Let rest 10 minutes covered before slicing into thick slices. Enjoy!