

Calypso Marinated Beef Tenderloin

Ingredients

- 3/4 Cup canned low-sodium chicken broth
- 1/2 Cup unsweetened orange juice
- 2 1/2 Tablespoons reduced-calorie ketchup
- 2 Tablespoons brown sugar
- 2 Tablespoons lime juice
- 2 Tablespoons dark rum
- 1 Teaspoon ground ginger
- 1/4 Teaspoon ground cloves
- 1/4 Teaspoon dried thyme
- 1/4 Teaspoon ground red pepper
- 1 Large clove garlic, minced
- 1 (1 1/2-pound) Lean boneless beef tenderloin
- Vegetable cooking spray
- Lime slices (optional)
- Fresh basil sprigs (optional)

Combine first 11 ingredients in a medium bowl; stir well with a wire whisk.
Set marinade aside.

Trim fat from tenderloin; cut tenderloin crosswise into 6 equal steaks.

Place in a large heavy-duty, zip-top plastic bag; pour marinade over steaks.

Seal bag; shake well.

Marinate in refrigerator 30 minutes, turning bag occasionally.

Remove steaks from marinade, reserving marinade.

Place steaks on rack of a broiler pan coated with cooking spray.

Broil 5 1/2 inches from heat (with electric oven door partially opened) 6 to 8 minutes on each side or to desired degree of done-ness, basting with reserved marinade.

If desired, garnish with lime and basil.