

Dinner

## Slow Cooker Balsamic and Dijon Glazed Pork Tenderloin

**20 Mins**  
Prep Time

**6 Hrs**  
Cook Time

**4**  
Servings

**233** Calories **3g** Fat **16.5g** Carbs **32g** Protein



### Ingredients

**4** Servings (6 Oz Servings) **6 Hrs 20 Mins** Total Time **Allergens: FODMAPs**

2 lbs Pork Tenderloin

1 Tsp Dried Thyme

¾ Tsp Dried Rosemary

¾ Tsp Garlic Powder

1 Tsp Salt

½ Tsp Black Pepper (omit if bothersome)

#### Glaze Ingredients

½ Cup Brown Sugar

1 Tbsp Cornstarch

¼ Cup Balsamic Vinegar

5 Tbsp Water

2 Tbsp Dijon Mustard

#### Allergen Swap

**FODMAPs** Omit garlic powder

#### Nourishment Note

##### **Pork Tenderloin**



Pork tenderloin is an excellent source of lean protein and provides key vitamins and minerals like thiamin, selenium, niacin, vitamin B6 and phosphorus. Protein is especially important for those with Crohn's disease and ulcerative colitis because it is essential for the healing process and protein needs are often increased during a flare.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Season & Cook Tenderloin

Mix together seasoning (thyme, rosemary, garlic powder, salt, and pepper) and rub all over pork tenderloin. Place  $\frac{1}{2}$  cup water in a slow cooker; followed by the tenderloin, cook on low for 6 hours.

### 3. Prepare Glaze

One hour before the tenderloin is finished, whisk the glaze ingredients thoroughly in a small saucepan and bring to a boil. Heat over medium-high heat until thickened, about 2-4 minutes.

### 4. Brush Glaze & Serve

Brush glaze over tenderloin 2-3 times during the last hour of cooking. Serve with remaining glaze on the side for dipping.

### 5. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Slow Cooker



Measuring Spoons



Measuring Cups



Small Bowl



Saucepan



Spoon



Whisk



Basting Brush

### Remission Remix

- Make a double batch of pork, slice, and freeze in freezer bags. Enjoy when energy levels are low. Pork will keep in the freezer for 3-6 months.