

Dinner

Slow Cooker Balsamic and Dijon Glazed Pork Tenderloin

20 Mins Prep Time

6 Hrs **Cook Time** **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 🖤

3/4 Tsp Dried Rosemary

1 Tsp Dried Thyme

3/4 Tsp Garlic Powder

1 Tsp Salt

1/2 Tsp Black Pepper (omit if bothersome)

Glaze Ingredients

½ Cup Brown Sugar

1 Tbsp Cornstarch

1/4 Cup Balsamic Vinegar

5 Tbsp Water

2 Tbsp Dijon Mustard

Allergen Swap

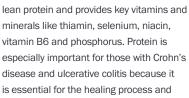
FODMAPs Omit garlic powder

Nourishment Note

Pork Tenderloin

Pork tenderloin is an excellent source of

a flare.



protein needs are often increased during





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

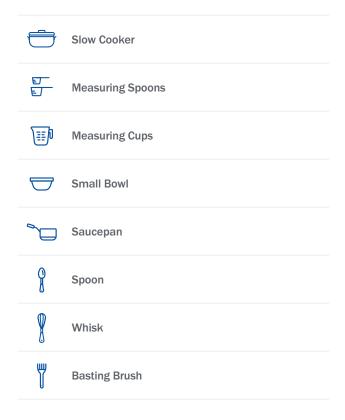
Brush glaze over tenderloin 2-3 times during the last hour of cooking. Serve with remaining glaze on the side for dipping.

5. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



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.