

Pork Tenderloin and Sauerkraut
By: Not Your Mother's Slow Cooker Cookbook

Ingredients:

2 tbsp. olive oil
2 lbs. pork tenderloin, trimmed of sliver skin and fat, and blotted dry
4 small onions, quartered
6 garlic cloves, minced
6 medium red potatoes, cut in half
1 tsp black pepper
1 1 lb. bag of fresh sauerkraut, rinsed

Instructions:

1. In a large skillet over medium-heat, warm the oil until very hot.
2. Add the meat and cook until browned on all sides, 4-5 minutes total.
3. Transfer to the crockpot.
4. Tuck the onions around the tenderloin
5. Sprinkle with garlic and place the potatoes on top the tenderloin.
6. Sprinkle with pepper and cover with the sauerkraut.
7. Cover and cook on LOW until the fork is fork tender, 8-10 hours.

To Serve:

Transfer the pork and vegetables to a platter.
Slice the tenderloin into thick portions and arrange on dinner plates.
Surround with some potatoes and sauerkraut.

Serves: 6

Cooker: Medium or large round or oval
Setting and Cooking Time: LOW for 8-10 hours*

Note:

*If the tenderloin is purchased in 2 pieces (1 lb.) each, they total cooking time may be 4-5 hours.

During cooking, consider basting the roast with juices from the bottom of the crockpot.

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