

Awesome Pork Tenderloin - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 40 minutes cook

Ingredients:

2 pounds pork tenderloin

1/2 teaspoon salt

1/4 teaspoon black pepper

1 1/2 sticks butter

1 8-oz package fresh mushrooms, sliced, OR 1 8-oz can, drained

4 cloves garlic, peeled

1 tablespoon balsamic vinegar

Cooking Directions:

Heat oven to 350 degrees F.

Sprinkle salt and pepper evenly over pork, place in a 9x13-inch baking pan and set aside.

Melt butter with garlic in a medium saucepan, add mushrooms, bring to a boil, reduce heat, simmer, uncovered 5 to 6 minutes or until just tender, stirring frequently. Add vinegar to mushroom mixture, spoon over pork, placing some of the mushrooms on top of the pork. Roast 20-30 minutes, uncovered or until internal temperature reaches 160 degrees F. May baste occasionally, if desired. Makes 1 cup mushroom sauce total.

Serves 6 to 8



Nutrition:

Calories: 292 calories

Protein: 24 grams

Fat: 21 grams

Sodium: 313 milligrams

Cholesterol: 108 milligrams

Saturated Fat: 12 grams

Carbohydrates: 2 grams

Fiber: 0 grams

