

Pork Tenderloin, 5 Ways

Grilled Garlic Rosemary Pork Medallions • Parmesan Crusted Pork Chops
Pork & Broccoli Stir Fry • Slow Cooker Honey Dijon Pork Tenderloin • Slow Cooker Pork Stew

Grilled Garlic Rosemary Pork Medallions

Ingredients

- 1 lb pork tenderloin [#1044](#)
- 1 tsp minced garlic [#1289](#)
- ½ tsp sea salt [#1146](#) or [#1147](#)
- 2 tsp rosemary
- ¼ tsp black pepper [#1029](#)
- 1 tbsp olive oil
- ¼ cup olive oil
- sea salt
- black pepper [#1029](#)
- (Additional 1 tbsp olive oil if sautéing in pan.)

Instructions

Mix together minced garlic, ½ tsp sea salt, rosemary, ¼ tsp black pepper and 1 tbsp olive oil. Place the pork tenderloin in a pan with sides. Spread the seasoning mixture over all sides of the pork tenderloin, cover it and place in the fridge until ready to grill. If possible, leave in fridge for 4-6 hours for more flavor. With a sharp knife, slice the pork tenderloin into about 10-12 slices, ½ inch – ¾ inch thick. Return them to the pan. Brush both sides with the remaining ¼ cup of olive oil and sprinkle with sea salt and black pepper. Preheat grill to 400° F. Grill over medium-high heat with the lid closed for 3-5 minutes per side, for a total of about 6-10 minutes, until the medallions have an internal temperature of 145° F. After grilling season is over, you can sauté the medallions in a pan. Heat 1 tablespoon of olive over medium-high heat. Cook pork medallions for 3-5 minutes per side, until internal temperature reaches 145° F.

From: <http://www.thegunnysack.com/garlic-rosemary-pork-tenderloin-recipe/>

Suggested Sides: [Twice Baked Potatoes #7946](#)

Slow-Cooker Honey Dijon Pork Tenderloin

Ingredients

- 3 tbsp. Dijon mustard
- 3 tsp. honey [#1148](#) or [#1149](#)
- 1/2 tsp. salt
- 1/4 tsp. pepper [#1029](#)
- 1/4 tsp. garlic powder [#1021](#)
- 1 boneless pork tenderloin (about 1 1/4 lb) [#1044](#)
- 1 tbsp. parsley flakes [#1426](#)

Instructions

Spray 3-to 4 quart slow cooker with cooking spray. In a small mixing bowl, mix 1 tablespoon of the mustard, 1 teaspoon of the honey, the salt, pepper and garlic powder. Spread on all sides of pork tenderloin. Place pork in slow cooker; cover and cook on low heat setting 2 to 2 1/2 hours or until meat thermometer inserted in center of tenderloin reads 145°F. Remove from slow cooker; cover with foil and let stand 5 minutes. In a small bowl, mix remaining 2 tablespoons mustard and 2 teaspoons honey; serve with pork. Top pork with chopped parsley.



From: <https://www.pillsbury.com/recipes/slow-cooker-honey-dijon-pork-tenderloin/86093881-7ffd-4dc0-a696-f4e3a8845eab?crlt.pid=camp.uD5diWR4xGW3>

Suggested Sides: Simplot Roasted Baby Bakers [#2423](#)

Slow-Cooker Pork Stew

Ingredients

- 1/2 a bag of stew vegetables
- 2 tsp. canola oil
- 1 1/2 lbs. boneless pork loin, cut in chunks [#1044](#)
- Flour, for dusting pork
- Salt, pepper, onion salt, and garlic salt, for sprinkling on pork
- 32 oz. chicken broth
- 1 bay leaf [#1753](#)
- 2 tsp. onion powder [#1027](#)
- 1 1/2 tsp. seasoned salt [#1033](#)
- 1/4 c. cornstarch [#2849](#)
- 1/2 c. water
- Additional salt, pepper, onion salt, and garlic salt, to taste

Instructions

Put stew vegetables in Slow cooker. Heat 1 tsp. oil in a frying pan over medium-high heat. Dredge half the pork with flour and add to pan, seasoning with salt, pepper, onion salt, and garlic salt. Cook until pork starts to brown a bit. Add pork to slow cooker. Repeat with remaining oil and pork. Add some of the broth to the pan -- just enough to loosen up the bits on the bottom -- and pour into slow cooker. Add remaining broth, bay leaf, onion powder, and seasoned salt. Cook on low 6-8 hours, or until pork is cooked and vegetables are tender. Combine cornstarch and water, and stir into stew. If stew thickens immediately, season to taste and serve anytime. Otherwise, turn heat to high and cook stew an additional 30 minutes.



From: <http://angelinkitchen.blogspot.com/2010/01/slow-cooker-pork-stew.html>

Suggested Sides: Janey Lou Beehive Rolls [#8925](#) or [#1084](#)

Parmesan Crusted Pork Chops

Ingredients

- 1 Pork Tenderloin [#1044](#) cut into 1.5 " chops
- ½ cup grated Parmesan cheese [#1683](#)
- 2-3 tbsp. Italian breadcrumbs (dried)
- ⅛ tsp. paprika [#1697](#)
- 1 tsp. dried parsley [#1426](#)
- ½ tsp. garlic powder [#1021](#)
- 2 tbsp. olive oil
- ¼ tsp. pepper [#1029](#)

Instructions

Mix Parmesan cheese, bread crumbs, paprika, parsley and garlic powder and place on a plate. Dip pork chops in the mixture (making sure mixture sticks) and sear in a pan of olive oil on medium-high heat. Sauté for 5 minutes on each side. Place pork chops in a glass baking dish and cook according to thickness. Ours were an inch thick and we cooked for an hour at 300° F. If yours are regular thickness, cook at 350° F for a half hour. Serves 4



From: <http://lilluna.com/parmesan-crusted-pork-chops-2/>

Suggested Sides: Redskin Mashed Potatoes [#7944](#) and Green Beans [#3781](#)

Pork and Broccoli Stir Fry

Ingredients

- 2 tsp. grated orange zest [#1669](#)
- ½ cup fresh orange juice
- ½ cup soy sauce
- ½ cup rice vinegar
- 2 tbsp. cornstarch [#2849](#)
- 3-5 tsp. vegetable oil
- 1 lb pork tenderloin, quartered and thinly sliced [#1044](#)
- 1 tsp. minced garlic [#1020](#)
- 3 scallions, white and green parts separated and thinly sliced
- 1 lb of Broccoli Florets [#8197](#)
- ½ cup chicken broth

Instructions

Combine orange zest, juice, soy sauce, vinegar, and cornstarch in a medium bowl; set aside. In a large skillet on medium, heat 3-5 teaspoons oil. Cook pork pieces in oil 1-2 minutes, until browned on one side. Move to a plate and set aside; reserve skillet. In reserved skillet add garlic and scallion whites. Cook 1-2 minutes until scallions wilt, stirring occasionally. Add broccoli and ½ cup water to skillet. Cover and cook 2-4 minutes, until broccoli is crisp-tender. Add pork and stir-fry sauce from step 1 to your skillet. Cook 1-2 minutes, stirring until pork is cooked through and sauce has thickened. Top with scallion greens.



From: <http://lilluna.com/pork-and-broccoli-stir-fry/>

Suggested Sides: Vegetable Fried Rice [#6695](#) and Pork and Vegetable Egg Rolls [#4078](#)