

## Amazing Pork Tenderloin 8 servings

2 lb Tenderloin

1 oz dry onion soup mix

$\frac{3}{4}$  cup red wine

3 Tablespoons low sodium soy sauce

2-3 Tablespoons of fresh garlic

Recipe: 1440 Calories, 200 Pro, 36 Cho, 32 Fat, 5,600 Na

Serving: 180 Calories, 25 Pro, 6 Cho, 4 Fat, 700 Na



Kyle Martin & Billy Forrester



Amazing Pork Tenderloin is truly amazing when cooked in a Slow Cooker. It is a great recipe for college students or busy families since it requires only 15 minutes of preparation time. Because it is made in a Slow Cooker, it will be ready to serve by the time you come home.

To begin our Amazing Pork Loin, first place the tenderloin into the slow cooker with a 1 ounce envelope of dry onion soup mix. Next add 1 cup of water,  $\frac{3}{4}$  cup of red wine (don't forget to have a little yourself for a healthy heart) and 3 tablespoons of soy sauce. Since this recipe is high in sodium, we recommend cutting back by substituting low sodium soy sauce for the regular. After adding these ingredients, flip the tenderloin over in order to make sure all of the meat gets coated. Lastly, depending on how much you do or don't like garlic, add 2-3 tablespoons of garlic onto the meat – with the majority remaining on the surface and out of the liquid. Add pepper to taste and cover. Set your slow cooker on high for 4 hours and walk away. When you get back, your house will be overwhelmed with the aroma of the Amazing Pork Tenderloin.

To plate, you can either cut into slices or because the meat is so tender, you can take a pair of forks and shred it instead. You can serve this dish alongside steamed vegetables or we recommend roasted red potatoes on the side. Pork is a great substitute for the overused chicken. It has the same amount of calories and protein as chicken with less LDL cholesterol (73 mg for pork and 67 mg for chicken) and only 1 gram more of fat. All and all, this is a quick, easy, and inexpensive meal for 2 students or a family of 5. Hope you enjoy!