

Slow Cooker Pork Tenderloin in Barbecue Sauce

Five-minute prep is all that is needed for this stress-free slow cooker pork tenderloin in barbecue sauce.



After a long simmer in a slow cooker, lean pork tenderloin shreds when sliced. Scoop up the pork with its hot-sweet sauce and serve plain, over baked potatoes or in a bun with coleslaw.

Ingredients

Makes 6 servings

$\frac{3}{4}$ cup sweet and smoky low-sodium barbecue sauce

$\frac{3}{4}$ cup unsweetened apple juice

1-1/2 tablespoons apple cider vinegar

1 tablespoon brown sugar

$\frac{1}{4}$ teaspoon smoked hot paprika

1 small onion, finely chopped

1 (1- $\frac{1}{2}$ -pound) pork tenderloin, trimmed of visible fat

1 garlic clove, smashed

Directions

In a bowl, stir together barbecue sauce, apple juice, vinegar, sugar and paprika. Stir in onion. Rub pork tenderloin with garlic clove; discard leftover garlic.

Pour half the sauce into a 5-quart slow cooker. Top with pork tenderloin. Pour remaining sauce over pork.

Cover. Cook at low setting for 5 to 6 hours. (Meat thermometer inserted into pork should read at least 145 degrees.) Remove pork from slow cooker, but don't turn off slow cooker. Let pork rest for 3 minutes. Slice pork into ¼-inch thick slices. Meat will break into thick chunks. Return to slow cooker and let soak in the sauce for 3 to 5 minutes.

Serve pork with sauce.

Nutritional information (per serving)

Calories 230
Fat 4 g
Cholesterol 72 mg
Sodium 270 mg
Carbohydrates 19 g
Fiber 0 g
Protein 26 g



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