

SLOW COOKED PORK TENDERLOIN

RECIPE FROM: Living Well Spending Less

COOK TIME: 4-5 hours on LOW

SERVES: 6 per 2 lb of meat



INGREDIENTS

- 2 (2 lb) pork loin roasts
- 2 (1 oz) envelopes dry onion soup mix
- 2 cups chicken broth
- 2 cups red wine
- 1 cup onion, chopped
- 6 cloves garlic, minced
- 3 Tbsp soy sauce
- 1 Tbsp Worcestershire sauce
- freshly ground black pepper to taste



DIRECTIONS

1. Whisk together soup mix, chicken broth, wine, soy sauce, Worcestershire sauce, onion, garlic, and black pepper.
2. Label two gallon-sized freezer bags and place one 2 lb tenderloin in each bag. Divide marinade evenly among bags and freeze.
3. When ready to eat, thaw meat (one tenderloin) in fridge for 24 hours.
4. Empty tenderloin and juices into a slow cooker and cook 4-5 hours on LOW.

Optional: Add chopped carrots and potatoes to slow cooker and cook with pork.