



Crockpot pork tenderloin

Description

This easy [Crockpot pork tenderloin](#) recipe makes the juiciest meat ever! It's perfectly seasoned with a homemade rub and involves very little prep and effort.

Ingredients

- 2 pork tenderloins about 1 pound each
- 1/2 cup beef broth
- 2 tablespoons brown sugar
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper or to taste
- 1/4 cup butter cut into pats
- Chopped parsley optional, to taste

Instructions

- Prepare the tenderloins by trimming off excess fat and the silver skin (the tough part that may cover some of each tenderloin).
- Pour the beef broth into your slow cooker.
- Add the spice rub ingredients (brown sugar, smoked paprika, garlic powder, onion powder, chili powder, Italian seasoning, salt & pepper) to a small bowl and stir together. Using your hands, coat the tenderloins all over with the spice rub. You may want to do this on a plate with each tenderloin one at a time.
- Add the pork tenderloins to your slow cooker, along with any excess rub that is on the plate.

Place the butter pats on and around the tenderloins and close the lid.

- Test for doneness after 2 hours on **low** or 1 hour on **high** as slow cookers can vary a LOT, and it's easy to overcook tenderloin. If it's not quite ready, simply put the lid back on and test after another 5-10 minutes if it's close (145F-150F will be medium after resting, and keep in mind that 160F is already well done). If your tenderloins are larger than 1 pound each, they will take longer to cook.
- Take the pork tenderloins out of the slow cooker and slice into medallions after 5 minutes of resting. You can put the pork back in the slow cooker to toss with the sauce or plate it and spoon the sauce over top. Sprinkle with chopped parley if desired.

Notes

- Serves 6-8 depending on portion size. Halve all ingredients except for the beef broth if you want to make one (one pound) pork tenderloin.
- If using this recipe for pork loin (a different, tougher cut of meat), it'll need to be cooked for longer.
- Pork that's 145F in the thickest part is safe to eat. A little bit pink is fine! Use an instant read meat thermometer so you never over or undercook meat again.

Nutrition

Calories: 272kcal | Carbohydrates: 5g | Protein: 32g | Fat: 13g | Saturated Fat: 7g
| Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.4g | Cholesterol: 119mg
| Sodium: 609mg | Potassium: 642mg | Fiber: 1g | Sugar: 4g | Vitamin A: 509IU
| Vitamin C: 0.1mg | Calcium: 26mg | Iron: 2mg

Category

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