

RECIPE OF THE WEEK

SLOW COOKER BALSAMIC GLAZED PORK TENDERLOIN

INGREDIENTS

2 pounds pork tenderloin (or 2 small ones)
 1 teaspoon dried sage
 1/2 teaspoon sea salt or herb salt
 1/4 teaspoon pepper
 1 clove minced garlic
 1/2 cup water

GLAZE INGREDIENTS

1/2 cup brown sugar
 1/4 cup balsamic vinegar
 1/2 cup cold water
 2 tablespoons tamari or low sodium soy sauce
 1 tablespoon cornstarch

INSTRUCTIONS

Combine the sage, salt, pepper and garlic.
 Place the tenderloin in a medium to large sized slow cooker. Rub the tenderloin down with the seasonings mixture.
 Pour 1/2 cup water in the slow cooker, on the edge so you don't wash off all the spices.

Cook on low for 6–8 hours.



While the pork is finishing up in the slow cooker, preheat your oven's broiler.

Combine the glaze ingredients in a small sauce pan: brown sugar, cornstarch, balsamic vinegar, water, soy sauce. Heat over medium and stir for about 4 minutes or until mixture thickens.

Line a baking sheet with parchment paper or a slip mat. Remove the pork from the slow cooker and place on the baking sheet. Carefully! It'll want to fall apart. Brush a generous amount of the glaze on the pork.

Put your oven rack as high as it will go, and broil the pork for 1 or 2 minutes, until bubbly and caramelized. Repeat 2 to 3 more times, lathering up the sauce each time.

Serve with remaining glaze and side with veggies and rice. Enjoy!

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