

Slow Cooker Dijon Pork Tenderloin

4 SERVINGS 2 HOURS 15 MINUTES



INGREDIENTS

1 lb Pork Tenderloin
3 cups Vegetable Broth
2 tbsps Dijon Mustard (grainy)
1 tsp Italian Seasoning
1/2 tsp Sea Salt
1 tbsps Lemon Juice
1/4 cup Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	142	Iron	1mg
Fat	3g	Vitamin D	9IU
Carbs	2g	Folate	7µg
Fiber	0g	Magnesium	34mg
Protein	24g	Zinc	2mg
Vitamin C	7mg		

DIRECTIONS

- 01 Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
- 02 Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
- 03 To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

NOTES

RECIPE ID 617

OPTIONAL STEP FOR SAUCE

For a sauce that is more like gravy, transfer the cooking liquid from the slow cooker to a small pot. Bring the liquid to a boil over medium-high heat and then let simmer for 15 minutes. Turn off the heat then stir in the lemon juice and parsley.

NO GRAINY DIJON MUSTARD

Use other SCD compliant mustard instead.