
THE
CrossFit*kitchen*



SMOTHERED PORK TENDERLOIN

overview

Sizzling tenderloin served over salad.

blocks per 1 serving (¼ of recipe)

3 protein blocks

1 carbohydrate block

ingredients

- 1 lb. pork tenderloin, cut into 1- to 2-inch slices
- 1 tbsp. bacon grease (or other oil)
- 1 tsp. garlic, minced
- ½ onion, diced
- 3-4 cups sliced mushrooms
- 1½ cups broth (beef, chicken or vegetable)
- 2 bags baby arugula or watercress (about 16 oz. total)
- Salt and pepper

directions

1. Heat bacon grease in a pan over medium-high heat.
2. Once the grease is very hot, add the slices of pork tenderloin and don't touch them for a few minutes.
3. While the slices are cooking, season the tops with salt and pepper.
4. Flip once after about 2 minutes. The bottoms should have some nice color as they start to brown. Cook on the opposite side for another minute or two, then remove the pieces to a plate.
5. Once the pork tenderloin is removed, add the garlic, onions and mushrooms and cook until they begin to caramelize. Don't worry if bits are sticking to the bottom of the pan as long as they aren't burning and smoking.
6. Use the chicken broth to deglaze the pan by pouring it over the vegetables, using a wooden spoon to scrape the bits off the bottom.
7. Once the bits are loose, turn to medium-low and simmer until the sauce reduces by half. Toss with the arugula or watercress to wilt it, then serve. Serves four hungry people.