

PORK TENDERLOIN

SERVINGS: 4 | PREP TIME: 5 MINS | COOK TIME: 25 MINS

- Preheat the oven to 450 degrees F.
- In small bowl combine garlic powder, oregano, cumin, coriander, thyme, onion powder, salt and pepper. Set aside.
- Place pork tenderloin in foil-lined or parchment-lined roasting pan. Pat dry. Then, drizzle and rub about 1 tablespoon olive oil all over pork tenderloin.
- Next, rub the seasoning mixture all over the tenderloin, pressing gently so the seasoning adheres well to all sides.
- Bake for about 20-25 minutes, until it reaches an internal temp of 145 degrees F. (Note: At this safe internal temperature, it will still be slightly pink inside.) Do not overcook.
- Let meat rest for 5-10 minutes so juices redistribute. Slice on an angle and serve.
- FREEZER MEAL INSTRUCTIONS:

To freeze: Complete steps 2-4 and place the seasoned, uncooked pork tenderloin in a gallon-sized freezer bag. Seal and freeze.

To prepare: Thaw overnight in the refrigerator. Set on the counter at room temperature for 30 minutes right before cooking. Then roast in a preheated 450 degree F oven according to the directions in steps 5 and 6. If the middle is still cold, it may take longer to reach an internal temperature of 145 degree F.

INGREDIENTS

- 1 tsp. garlic powder
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1/2 tsp. ground thyme
- 1/2 tsp. onion powder
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 TBSP. olive oil
- 1 1/4 pounds pork tenderloin