

DINNER IN AN INSTANT!

Awesome recipes using an Electric Pressure Cooker!

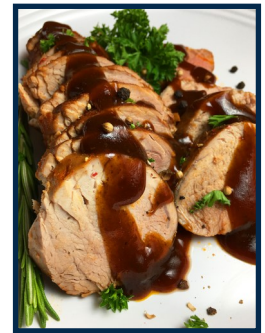
Pork Tenderloin

Source:

<https://recipeteacher.com/best-damn-instant-pot-pork-tenderloin/>

Ingredients:

- 1 pork tenderloin, 1.25lb – 1.5lb
- 2 tablespoons brown sugar
- 2 teaspoons course ground black pepper (use less to taste)
- 1 ¼ teaspoons salt
- 1 teaspoon paprika
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 cup chicken broth
- ½ tablespoon Worcestershire sauce
- 1 teaspoon Liquid Smoke



Directions:

1. Let pork tenderloin stay in package out of fridge for 15-20 minutes. Remove tenderloin from package and rinse and pat dry. Trim any visible fat. Cut tenderloin into 2 pieces of equal length.
2. Coat each piece with about 1 teaspoon each of olive oil. In a small dish, combine all dry ingredients and mix well. Apply the rub liberally onto meat.
3. Set Electric Pressure Cooker to Sauté mode. When hot, add meat and brown each side for a couple of minutes each. When all sides are browned, press Cancel and remove meat to a plate. Add the chicken stock to the pot and use a wooden spoon to scrape all the bits from the bottom of the pot. Add the Worcestershire sauce and liquid smoke to the chicken broth.
4. Place meat directly into the liquid, secure lid, set the vent to “sealing”. Pressure cook (manual) on high pressure for 3 minutes. When cycle is complete, allow pressure to naturally release for 15 minutes. Remove meat to a plate and let sit for 5 minutes before slicing into pieces about ¼ inch thick.
5. To make gravy: After removing meat, press Cancel, then press Sauté. Scoop out 3 tablespoons of the liquid to a separate cup and add 2 tablespoons of corn starch. Mix well until corn starch is dissolved. Slowly pour mixture back into the liquid in the pot. Once it starts to boil, press cancel. Mix well and sauce will thicken into a delicious gravy.

Notes:

- If you're normally sensitive to pepper, please feel free to use less to your personal taste.

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