



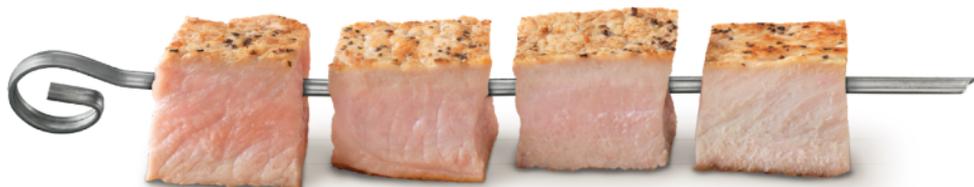
*Illinois Pork Producers.  
Generations of Commitment.*

## ROASTED PORK LOIN

1 lb. pork tenderloin  
Any cooking oil  
Salt  
Pepper

½ cup water  
1 TB butter  
Optional: additional  
seasoning, lemon juice

- 1** Turn stove on medium heat. Sear the pork on the stove in oil until golden brown on all sides. The pork will still be raw in the middle but will finish cooking in the oven.
- 2** Season pork generously with salt/pepper or spice/herbs of your choice.
- 3** Preheat oven to 425 degrees. Transfer tenderloin to an oven-safe skillet/baking dish, add ½ cup of water, 1 TB of butter, and roast for 15-20 minutes until internal temperature on a meat thermometer reads 145-150 degrees F (If you don't have a thermometer, refer to temperature messaging graphic on back of recipe card. Don't overcook pork!) Remove tenderloin from oven; let rest about 3 minutes before slicing to serve.



**MEDIUM-RARE**

145-150°F

**MEDIUM**

150-155°F

**MEDIUM-WELL**

155-160°F

**WELL**

160°F

**PORK** is a good, economical source of protein and essential nutrients like Vitamin B-6, Vitamin D and iron. And, it's packed with flavor that everyone in your family will enjoy!

**OTHER IDEAS FOR COOKED PORK.** Heat thoroughly and try these!

- Top scrambled eggs for breakfast.
- Serve in a baked potato and add shredded cheese if you want.
- For quick quesadillas, top tortillas with pork, salsa, and cheese and warm in a skillet.
- Top macaroni and cheese.
- Add to pasta sauce to top spaghetti or other pasta.
- Mix with leftover rice, peas and carrots, soy sauce and a scrambled egg for fried rice.
- Stir in with chili beans and diced tomatoes and heat through for a hearty quick chili.

For more, go to [pork.org/cooking](http://pork.org/cooking)



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