

PORK LOIN ROAST AND VEGETABLES

Serves 6

A perfect recipe for meat and potatoes fans. Enjoy this recipe with a fresh side salad, and a piece of fruit for dessert.

Ingredients

2 cups onions, cut in wedges (about 1/2 pound or 2 medium)
2 cups potatoes, diced (about 12 ounces or medium)
2 cups baby carrots (or 3/4 pound regular carrots, sliced)
2 tablespoons vegetable oil (divided)
1 1/4 pounds pork loin

For Rub:

3 teaspoons brown sugar (1 Tablespoon)
1/2 teaspoon garlic powder
1/2 teaspoon pepper
1/4 teaspoon salt



Directions

1. Preheat oven to 400°F.
2. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper.
3. Lay veggies around the edge of a 9"x13" pan and put in oven.
4. Use a small bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl.
5. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
6. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side.
7. Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven.
8. Remove from oven. Let set for 5 minutes. Slice and serve.

Notes:

- Wash and cut potatoes and onion into chunks about the same size as baby carrots.
- Use a meat thermometer. Cooked pork can be pink even when the meat has reached a safe temperature.
- For safety and quality, allow meat to rest for at least three minutes before slicing.

Nutrition Facts: Serv. size: 3 oz. meat and 1 cup vegetables, Amount per serving: Calories 225; Total Fat 10g; Sat. Fat 2g; Trans Fat 0g; Cholesterol 44mg; Sodium 171mg; Total Carbohydrate 19g; Dietary Fiber 3g; Total Sugars 6g; Added Sugars included 1g; Protein 16g; Vitamin D 0 IU; Calcium 39mg; Iron 1mg; Potassium 597mg.

Source: Iowa State University Extension. Spend Smart. Eat Smart

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