

Bubbie's EVERYTHING HERBAL

by Cheryl Jabz



Cooking with
Herbs for
Health, Flavor
& Tradition.



Bubbie's HERBAL PORK TENDERLOIN WITH SAUERKRAUT



Juicy, herb-seasoned pork tenderloin slow-roasted to perfection and served with tangy sauerkraut. A wholesome, hearty dish with old-world flavor!



INGREDIENTS:

FOR THE PORK TENDERLOIN:

- 1 (1½ to 2 lb) pork tenderloin
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp Dijon mustard
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper

FOR THE SAUERKRAUT:

- 1 (16 oz) package sauerkraut, drained
- 1 tbsp olive oil or butter
- 1 small onion, thinly sliced
- 1 clove garlic, minced
- 1 tsp caraway seeds (optional)
- ½ cup chicken broth or apple juice
- ½ tsp black pepper
- 1 bay leaf

INSTRUCTIONS:

PREPARE THE PORK:

- 1 Preheat oven to 400°F.
- 2 In a small bowl, mix olive oil, garlic, Dijon mustard, rosemary, thyme, oregano, garlic powder, onion powder, salt, and pepper.
- 3 Rub mixture all over the pork tenderloin.
- 4 Place on a baking sheet or in a roasting pan.
- 5 Roast for 20–25 minutes, or until internal temperature reaches 145°F. Let rest for 5 minutes, then slice.

PREPARE THE SAUERKRAUT:

- 1 In a large skillet, heat olive oil or butter over medium heat.
- 2 Add onion and cook until soft and translucent, about 5 minutes.
- 3 Add garlic and cook for 1 minute.
- 4 Stir in sauerkraut, caraway seeds (if using), chicken broth, black pepper, and bay leaf.
- 5 Reduce heat to low, cover, and simmer for 15–20 minutes, stirring occasionally.
- 6 Remove bay leaf. Serve warm with sliced pork tenderloin.

BENEFITS



Pork provides high-quality protein and essential nutrients.



Herbs add flavor and antioxidants.



Sauerkraut supports gut health and digestion.



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to yours ♥