



EVERYTHING
Herbal

— by Cheryl Jabz —

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Slow Cooker HERBAL PORK TENDERLOIN

WITH SAUERKRAUT

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SCAN ME

This comforting slow-cooker meal combines tender pork, tangy sauerkraut, and aromatic herbs. It's easy to prepare and fills your home with wonderful aromas while cooking. The combination of savory herbs, juicy pork, sweet apple, and tangy sauerkraut creates a hearty, old-fashioned meal that's especially comforting on cool evenings.



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INGREDIENTS:

- 1 pork tenderloin (1½–2 pounds)
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary & dried thyme
- 1 teaspoon dried sage & garlic powder
- ½ teaspoon black pepper
- 1 medium onion, sliced
- 3 cloves garlic, minced
- 24 ounces sauerkraut, drained slightly
- 1 apple, peeled and diced
- ½ cup low-sodium chicken broth
- 1 tablespoon Dijon mustard (optional)
- 1 teaspoon caraway seeds (optional)

INSTRUCTIONS:

- 1 In a small bowl, combine rosemary, thyme, sage, garlic powder, and black pepper. Rub the pork tenderloin with olive oil, then coat evenly with the herb mixture.
- 2 Place sliced onions in the bottom of the slow cooker. Add the sauerkraut and diced apple. Stir in minced garlic, broth, Dijon mustard, and caraway seeds if using.
- 3 Place the seasoned pork tenderloin on top of the sauerkraut mixture.
- 4 Slow Cook Low: 6–7 hours or High: 3–4 hours. Cook until the pork reaches an internal temperature of 145°F (63°C).
- 5 Remove pork and let rest for 5–10 minutes before slicing. Serve over the sauerkraut mixture.

OPTIONAL ADD-INS:



1 pound baby
potatoes



2 sliced carrots



1 tablespoon
fresh parsley
for garnish



½ teaspoon
smoked paprika
for extra flavor

Cheryl Jabz

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