



## Dinner Recipes

### Balsamic Pork Tenderloin (Crockpot)

#### Ingredients:

- 1 ½ lbs Boneless Pork Tenderloin
- 1 cup low sodium chicken broth
- ½ cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon low sodium soy sauce
- 1 tablespoon organic honey
- ½ teaspoon red pepper flakes
- 2 garlic cloves (minced)



#### Directions:

1. Place pork tenderloin into crockpot
2. In a medium mixing bowl, combine all other ingredients (broth, balsamic vinegar, worcestershire sauce, soy sauce, honey, garlic and pepper flakes) then Pour over pork tenderloin
3. Cook for 4 hours on high or 6 hours on low
4. Once pork is done, pull out of crockpot and break apart with two forks
5. Use the remaining liquid as gravy
6. Enjoy!

**\*\*Serving Size: 4 ounces, makes 3-4 servings.**

#### Nutrition Information:

#### Meal Plan Blocks:

**1 serving (4oz): 174 calories, 27 grams protein, 8 grams carbs, 4 grams fat**

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