

A Kansas SNAP-Ed *EZ Does it* Recipe

Pork Loin Roast with Vegetables



Servings: 6-8

Ingredients:

- 2 cups onions, cut in wedges
(about ½ pound or 2 medium)
- 2 cups potatoes, diced
(about 12 ounces or medium)
- 2 cups baby carrots
(or ¾ pound regular carrots, sliced)
- 2 tablespoons vegetable oil (divided)
- 1¼ pounds pork loin
- 1 tablespoon brown sugar
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ¼ teaspoon salt



Directions:

1. Preheat oven to 400°F.
2. In a bowl mix veggies with 1 tablespoon oil; salt and pepper to taste.
3. Use a small bowl to make the rub. Mix the brown sugar, garlic, ½ teaspoon pepper, and ¼ 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. Cover and bake for about 45 minutes. **A meat thermometer should read 145°F.**
8. Remove from oven. Let set for 5 minutes. Slice and serve.

Nutrition Facts: Each one cup serving provides 225 Calories, 10g Total Fat, 2g Saturated Fat, 171mg Sodium, 19g Total Carbohydrate, 3g Dietary Fiber, 16g Protein

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