

PORK TENDERLOIN

IN THE FREEZER:

- 3lb pork tenderloin
- 3 apples, washed, cored, and chopped
- 1lb chopped carrots
- 2lbs potatoes, peeled, chopped, and blanched
- 1lb celery, chopped
- 1 onion, chopped
- 2 tsp salt
- 2 tsp pepper

NEEDED FOR SERVE DAY:

favorite steak sauce

PREP TIME: 90-110 mins

SERVES: 4-6

ON SERVE DAY...

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **350 degrees** for **90-110 minutes**.
5. Slice tenderloin before serving.
6. Serve with favorite steak sauce for dipping.

SIDE ITEM: Apples & root veggies