

Amazing Pork Tenderloin

Ingredients:

- 2 pound pork tenderloin
- 1 (1 oz) envelope of dry onion soup mix
- 1 cup water
- $\frac{3}{4}$ cup red wine
- 3 Tbsp minced garlic
- 3 Tbsp soy sauce
- Freshly ground pepper to taste

Directions:

1. Place pork tenderloin in slow cook or crock-pot with contents of soup packet.
2. Pour the water, wine, and soy sauce over the top, turning the pork to coat.
3. Carefully spread the garlic over the pork
4. Sprinkle with pepper.
5. Cook on low setting for 4 hours.

For Our Program:

Nutrition Information:

Servings = 6

Carbohydrates per serving = 6g