

Betty's Crock Pot Pork Roast Tenderloin and Gravy Recipe



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in this video, Betty demonstrates how to make roast pork in a crock pot, and also to make smooth, delicious, low-fat pork roast gravy. Very tender pork and tasty gravy!

Ingredients:

2.5 lb. whole boneless pork tenderloin
meat tenderizer (to taste)
1/4 cup cornstarch
1 .25 cups water

Thaw the pork tenderloin, if frozen. Use meat tenderizer to salt and tenderize the pork to taste. Place the pork tenderloin (in one or two pieces) in a crock pot and cook on low all day for a dinner meal (roughly 8 to 10 hours). When ready to serve, remove the cooked pork tenderloin to a tray or cutting board. Slice into desired serving pieces and place on a serving platter. Now, make your pork roast gravy. From the juices that are left in the crock pot, spoon off as much fat and pork slivers as you can, and then pour the juices into a saucepan. Mix together 1/4 cup cornstarch and 1.25 cups water, and add to the saucepan of juices. Stir thoroughly before putting the saucepan over heat. Now, move the saucepan to a burner on your cooktop. Turn the heat on to low, and cook the gravy, stirring constantly. If the gravy is too thick, add a little water at a time until it is smooth and of perfect consistency. Serve while hot!

Menu suggestion: Place sliced pork on serving plate, along with some (instant or homemade) mashed potatoes. Ladle your pork roast gravy over the pork and mashed potatoes. Serve with Betty's Nutty Broccoli and Cauliflower with Cheese Sauce, a hot yeast roll, and a fruit-flavored drink. Enjoy this quick and easy dinner!