

Slow Cooker Pork Tenderloin

eatrealfoodacademy.com



Prep Time: 5 minutes

Serves: 4

Ingredients:

3 lbs pork tenderloin

1 c barbecue sauce (we recommend making your own as commercial sauces are often loaded with sugar)

1 small onion, minced

2-3 garlic cloves, minced

2 dashes hot sauce

salt and pepper

Preparation:

1. Salt and pepper pork loin and place in crock pot.
2. Add garlic and onion.
3. Pour BBQ sauce over meat.
4. Add hot sauce and stir to evenly distribute.
5. Cook on LOW for 6-8 hours.