
Whole Baked Pork Tenderloin

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 8

2 (1 to 1-1/4 pounds ea) pork tenderloins

2 tablespoons butter or margarine

2 teaspoons salt

1/4 teaspoon pepper

1/4 cup butter or margarine

1/2 cup celery, thinly sliced

1 onion, thinly sliced

1/4 pound fresh mushrooms, sliced

1/2 cup beef stock

1 tablespoon flour

In a skillet with two tablespoons of butter, brown the tenderloins. Season with salt and pepper.

In 1/4 cup of butter, saute' the celery, onion and mushrooms for 5 minutes. Add the broth mixed with flour.

Place the pork loins in a two to three quart baking dish (the chops may be cut in half to help the fit). Pour the vegetable mixture over the meat.

Bake at 325 degrees for 1-1/2 hours or until tender.

Serve with potatoes, rice or noodles.

Pork

Per Serving (excluding unknown items): 91 Calories; 9g Fat (84.2% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 761mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.