

Mushroom Pork Ragout (Slow Cooker)

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Servings: 2

*1 (3/4 pound) pork
tenderloin
1/8 teaspoon salt
1/8 teaspoon pepper
1 tablespoon cornstarch
3/4 cup canned crushed
tomatoes, divided
1 tablespoon chopped sun-
dried tomatoes (not oil-
packed)
1 1/4 teaspoons dried
savory
1 1/2 cups sliced fresh
mushrooms
1/3 cup sliced onion
1 1/2 cups hot cooked egg
noodles*

Preparation Time: 20 minutes

Slow Cooker: 3 hours

Rub the pork with salt and pepper. Cut in half.

In a 1-1/2-quart slow cooker, combine the cornstarch, one-half cup crushed tomatoes, the sun-dried tomatoes and the savory. Top with the mushrooms, onion and pork. Pour the remaining tomatoes over the pork. Cover.

Cook on LOW for three to four hours or until the meat is tender.

Remove the meat from the cooker. Cut into slices. Stir the cooking juices until smooth. Serve with the pork and noodles.

Per Serving (excluding unknown items): 272 Calories; 6g Fat (21.0% calories from fat); 39g Protein; 15g Carbohydrate; 3g Dietary Fiber; 111mg Cholesterol; 337mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 2 Vegetable; 0 Fat.