Idiot's Kitchen Recipe - Tomato Orange Pork Tenderloin

Recipe from www.idiotskitchen.com - Adapted from Publix

Ingredients:

1 pork tenderloin (about 1 pound)
¼ teaspoon ground cumin
¼ teaspoon chili powder
¼ teaspoon paprika
3-4 cloves garlic, finely chopped
1 Tablespoon fresh oregano leaves, finely chopped
1 Tablespoon fresh thyme leaves, finely chopped
1-2 Tablespoons olive oil
2 oranges, zested & juiced
1 (14 oz.) can diced tomatoes
1 cup chicken broth
1/3 cup (6 large) green olives, sliced
Salt & Pepper

Make a spice rub by combining ¼ teaspoon each cumin, chili powder, paprika, salt & pepper in a small bowl. Mix to combine and sprinkle evenly over the pork tenderloin using your hands to rub it into a light, even coating.

Heat 1-2 Tablespoons of olive oil in a large skillet over medium high heat. Add the spice rubbed pork tenderloin (I cut mine into 2 pieces so it fit in the pan) and brown 3-4 minutes on all sides. Remove the browned pork from the pan and set aside.

Add 1 (14 oz.) can of diced tomatoes and their juices to the pan. Pour in 1 cup of chicken broth, bring up to a simmer and scrape up any browned bits from the bottom of the pan. Add 1 Tablespoon chopped fresh oregano, 1 Tablespoon chopped fresh thyme, and 3-4 cloves of chopped fresh garlic. Add 1/3 cup of sliced green olives – about 6 large olives. Zest and juice 2 oranges. Add the juice to the pan but reserve the zest. Bring the sauce to a boil and simmer until reduced by half.

Return the pork to the pan, lower the heat to medium low, and simmer until the pork has cooked through, about 10 minutes. **The pork is done when it reaches 145 degrees on an instant read thermometer.**

Remove the cooked pork from the pan and tent with foil to let it rest. Turn the heat up to medium and reduce the sauce until it has thickened. Add the orange zest and season to taste with salt & pepper.

Slice the pork and serve it on top of the sauce.

Good served with a side of yellow rice mix (Mahatma) with frozen peas stirred in at the very end while fluffing the rice.

Makes 4 servings.