

## **Brown Sugar and Balsamic Glazed Pork Loin with a side dish recipe following pork recipe.**



### **Brown Sugar and Balsamic Glazed Pork Loin**

#### **Ingredients:**

1-2 lb pork tenderloin

2 tsp ground sage

1/2 tsp salt

1/4 tsp pepper

1 garlic clove, minced

1/4 – 1/2 cup of water (use 1/4 if you have a 1lb tenderloin, 1/2 if it is 2 lbs)

For the glaze:

3 tbsp maple syrup

1/4 cup balsamic vinegar

1 tbsp cornstarch

2 tbsp coconut aminos (or low-sodium soy sauce)

#### **Directions:**

Combine sage, salt, pepper and garlic in a small bowl. Prepare loin by trimming any fat and patting dry with paper towels. Rub the sage mixture over all sides of the pork. Place in crock pot with 1/4-1/2 cup water. Cook on low for 6-8 hours.

About 1 hour before roast is done, whisk together ingredients for glaze in small sauce pan. Heat and stir until mixture thickens. Brush the pork with the glaze 2 or 3 times during the last hour of cooking. Serve with remaining glaze on the side.

6-10 servings.

This is fabulous served with brussels sprouts and mashed cauliflower.  
Also can be served with the recipe below.

### **Brussel Sprouts with Bacon and Walnuts.**

Ingredients:

2 tablespoons cider vinegar

1 tablespoon brown sugar

1 tablespoon walnut oil (or oil of your choice, or apple cider)

4 slices thick cut bacon

1 pound brussels sprouts, trimmed and shredded (you can use the shredding blade on a food processor)

1/2 cup toasted chopped walnuts

kosher salt, to taste

fresh ground black pepper, to taste

Directions:

In a small bowl, whisk together vinegar, sugar, and oil; set aside.

In a large skillet, cook bacon until crisp. Remove bacon, cut or crumble into pieces, and set aside. Pour off all but 2 tablespoons of drippings in pan (if there aren't enough drippings to equal 2 tbsp, add a little butter or oil).

Heat drippings over medium-high then add shredded brussels sprouts. Cook, stirring constantly, for 3 to 5 minutes, or until just tender. Remove from heat and stir in bacon, walnuts, and dressing. Season with salt and pepper to taste.

Serve warm.

Servings: 4