



R E C I P E

Recipes gathered from many resources, especially www.allrecipes.com

PORK MEDALLIONS

INGREDIENTS

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| ‡ 1 pork tenderloin | ‡ 1/4 tsp. dried savory |
| ‡ 2 tsp. all-purpose flour | ‡ 1/4 cup sliced fresh mushrooms |
| ‡ 1 Tbsp. olive or canola oil | ‡ 1/4 tsp. salt |
| ‡ 1/2 cup chicken broth | ‡ 1 garlic clove, minced |
| ‡ 1 1/2 tsp. butter or margarine | ‡ 1/8 tsp. pepper |
| ‡ 1/4 tsp dried rosemary, crushed | ‡ minced fresh parsley |
| ‡ 1 small onion, sliced | |

DIRECTIONS

1. slice tenderloin into 1/2 inch thick medallions. In a skillet, brown pork in oil for about 2 minutes on each side. Remove from skillet and set aside. In same skillet melt butter. Add the onion, mushrooms and garli; saute for 1 minute. Stir in flour until blended. Gradually stir in the broth, rosemary, savory, salt and pepper. Bring to a boil; cook and stir for 1 minute or until thickened.
2. Lay pork medallions over mixture. Reduce heat; cover and simmer for 15 minutes or until meat juices run clear. Garnish with parsley if desired.