



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. place the pork roast into an oven roasting bag and set inside a slow cooker. Sprinkle the chili powder over the roast and arrange onions on top of the roast. Loosely close the top of the bag with a nylon tie. Use scissors to cut 3 vents, 1-inch long in the top of the bag. Pour the water into the bottom of the slow cooker, around the bag, so that it is at least 1 inch deep.
2. Cover and cook the pork on low for 6 to 8 hours.
3. Remove the pork and onions from the bag and place in a large Dutch oven; reserve 3/4 cup of liquid from the bag. Shred the pork by pulling it apart using 2 forks. Stir the salsa, tomatoes, and cooking liquid in with the shredded pork.
4. Bring to a boil over high heat, then reduce the heat to low. Cover and simmer for 1 hour, stirring occasionally.