



Slow-Roasted Cider Pork Loin with Cabbage (Dairy Free)

Active Time: 20 minutes | Total Time: 3 hours | Serves: 6

Nutrition Information Per Serving

312.4 calories, 16.95 g carbohydrate, 4.32 g fiber, 12.63 g NET carbs, 37.02 g protein, 10.81 g fat

Ingredients

- 1 head, medium organic green cabbage
- 2 clove(s) organic garlic, minced
- 1 Tbsp organic honey
- 1 cup chopped organic onion
- 1/2 tsp(s) sea salt
- 2 Tbsp(s) organic coconut oil
- 36 ounce(s) organic pork tenderloin
- 1/2 cup(s) organic apple cider
- 1/2 tsp(s) organic dried thyme

Preparation

1. Preheat oven to 325°F.
2. Melt coconut oil in a large braising pan or Dutch oven over medium heat.
3. Brown onions lightly then sear the pork roast on all sides. Add the chopped garlic.
4. Remove outer leaves from the cabbage then cut into 6 to 8 wedges.
5. Arrange cabbage around the pork roast.
6. In a small bowl or ramekin, combine the apple cider and honey; stir in the dried thyme. Pour over the pork and cabbage.
7. Cover the pan and transfer to the oven. Bake for 3 hours. Pork should register 160° on an instant read thermometer.

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