



Savory Pork Tenderloin with Peppers and Onions

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 1

Nutrition Information Per Serving

370.1 calories, 8.73 g carbohydrate, 2.55 g fiber, 6.18 g NET carbs, 36.32 g protein, 20.69 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1/2 medium(s) organic red bell pepper, sliced
- 1/2 small(s) organic onion, sliced
- 6 ounce(s) organic pork tenderloin, sliced
- 1/2 tsp(s) fresh ground pepper, to taste
- 1 tsp organic ground cumin
- 1/2 cup(s) fresh cilantro, for serving
- 1 Tbsp avocado oil

Preparation

1. Season the pork with the cumin and a pinch of salt and pepper.
2. Heat the oil over medium high heat and sear the pork on both sides.
3. Continue cooking until done and remove from pan to rest.
4. Add the peppers and onions to the same skillet and cook until soft.
5. Serve the pork topped with the peppers and onions, and sprinkle with the cilantro.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.