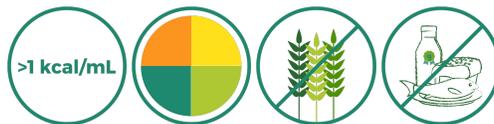


# Rustic Roast Pork with Fennel



*This boneless pork loin roast is a well rounded meal for the whole family that takes little effort to make.*

## Photo Contest!



- Test Recipes
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## Nutrition Info

**Makes:** fluid ounces  
= cups  
= milliliters (mL)

**Calories:** 1000 kcal

**Kcals/ mL:** kcal/ mL

**Carbohydrate:** 39.7%

**Protein:** 26.5%

**Fat:** 33.7%

## Make it for the whole family:

Serve with applesauce and a vegetable as the sides.

# Rustic Roast Pork with Fennel

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## Ingredients

- 5 cloves garlic, minced
- ½ teaspoon ground black pepper
- 2 teaspoon dried thyme
- ¼ cup Dijon mustard
- 1 (2lb) boneless pork loin, trimmed of fat and sliced into large chunks
- 2 small fennel bulbs, stalks removed and bottom of bulb cut off, chopped
- 4 cups baby carrots
- 5 yellow potatoes, quartered
- 2 medium yellow onions, thickly sliced
- 1 teaspoon olive oil
- 6 cups unsweetened applesauce
- Cooking spray
- Water (optional)

## Kitchen Gear

Large skillet

Large mixing

Oven, pressure cooker, or slow cooker

Chef knife

Cutting board

Measuring tools:

- 1 cup, ¼ cup
- Tablespoon
- Teaspoon, ½ teaspoon

## Preparation

1. Heat a large skillet over high heat. Spray the pan with cooking spray.
2. Toss pork in salt and pepper. Add pork to skillet, searing all sides. Pork does not need to cook all the way through.
3. Add to a very large mixing bowl: seared pork and the rest of the ingredients except applesauce and water. Mix well to coat.
4. Oven method: Add mixture to baking dish, cover, cook at 375 degrees F for 2.5 hours.
5. Slow cooker method: Add mixture to crockpot. Cover and cook on low 4-5 hours.
6. Pressure cooker method: Add mixture to electric pressure cooker, cook under high pressure for 35 minutes.
7. Serve with applesauce on the side.

To Blend:

1. Add about ¼ of recipe to blender, blend until smooth and free of chunks. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
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