



Easy Kick 'n Pork Tenderloin

2 lb pork tenderloin
olive oil

Rub:

1 T chili powder
1 T garlic powder
1/4 C brown sugar

1 t salt
fresh ground black pepper

Glaze:

1 C homemade red plum jelly (or jelly/preserve of choice)
1/2 C Sweet Baby Ray's Sweet & Spicy BBQ Sauce
1/2 t cayenne pepper
2 T lime juice

Rub tenderloin with olive oil. Mix rub in small bowl. Use hands to coat tenderloin with rub mixture and place in slow cooker. Mix glaze in small microwaveable bowl and whisk lightly. Microwave at 45 sec increments until smooth. Pour 1/3 of glaze over tenderloin and cook on high for 3 - 4 hrs. Midway through cooking add 1/3 more glaze to tenderloin. Use remaining glaze to serve alongside meat.

I cooked my meat 4 hrs on high and the meat registered 180 degrees and it tasted great ... not over or under cooked. Google states the meat should be from 145 degrees (medium rare) to 160 degrees (medium).

Place uncovered meat with glaze into preheated 425 degree oven for 10 min or until the top of the meat gets a nice browned glaze look. I knew when mine was there because I could smell it. YUM!!!

Remove from the oven and rest it for 10 min.

adapted from this recipe:

<http://ourlifetastesgood.blogspot.com/2012/06/chili-rubbed-pork-tenderloin-with.html>

Every Day is the Weekend! thevirtualvine.com/blog/3.14.2016porktenderloin.html