



## Slow Cooker Dijon Pork Tenderloin

4 servings  
2 hours 15 minutes

### Ingredients

- 3 cups Organic Vegetable Broth
- 2 tbsps Dijon Mustard (grainy)
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 1 lb Pork Tenderloin
- 1 tbsp Lemon Juice
- 1/4 cup Parsley (chopped)

### Directions

- 1 Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
- 2 Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
- 3 To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

### Notes

**Optional Step for Sauce,** For a sauce that is more like gravy, transfer the cooking liquid from the slow cooker to a small pot. Bring the liquid to a boil over medium-high heat and then let simmer for 15 minutes. Turn off the heat then stir in the lemon juice and parsley.

**No Grainy Dijon Mustard,** Use regular Dijon mustard or brown mustard instead.

**Leftovers,** Keep in the fridge for up to 3 days or freeze for longer.

**Serve it With,** Mashed potatoes, cauliflower, rice, quinoa or a side salad.