



## **Pork Tenderloin**

2 pound pork tenderloin  
1 tablespoon minced onion  
1 teaspoon sodium-free beef bouillon  
1/2 teaspoon onion powder  
1/8 teaspoon black pepper  
1/8 teaspoon paprika  
1 cup water  
3/4 cup red wine  
3 tablespoons minced garlic  
3 tablespoons soy sauce—low sodium

Place pork tenderloin in a slow cooker. Add minced onion, bouillon, onion powder, pepper, paprika, water, wine, and soy sauce; turning the pork to coat. Carefully spread garlic over the pork, leaving as much on top of the roast during cooking as possible. Cover and cook on low setting for 4 hours. Serve with cooking liquid on the side as au jus. Makes six servings.

Nutrition information per serving: 180 calories, 25 grams protein, 4 grams fat, 6 grams carbohydrate, 211 mg sodium.



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