

Pork Loin Barbeque

Ingredients:

- 1 pound pork tenderloin
- 1 teaspoon vegetable oil
- 1 tablespoon barbecue rub, or other meat seasoning
- 1 teaspoon vegetable oil
- 1 onion, sliced
- 1 cup ketchup
- 1/4 cup brown sugar, packed
- 2 tablespoons barbecue rub
- 2 teaspoons vinegar
- 8 whole wheat buns

Equipment:

- Cutting board
- Knife
- Small saucepan
- Baking pan
- Stirring spoon

Number of Servings: 8

Prep Time: 15 minutes

Total time: 1 hour

Directions

1. Preheat oven to 350°F.
2. Rub pork tenderloin with oil and barbeque rub. Place in baking pan. Bake until internal temperature reads 145°F, about 45 minutes.
3. Heat vegetable oil in a small saucepan to medium.
4. Meanwhile, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, cut slices from side to side. Chop up any large pieces. Add to saucepan, and cook until onions are tender, about 5 minutes.
5. Add ketchup, brown sugar, barbeque rub and vinegar and allow to simmer for 15 to 20 minutes.
6. To serve, slice pork into 1/4 inch slices. Arrange over rolls. Pour sauce over top.

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Nutrition Facts

Serving Size: 1 bun with 1/2 cup pork
 Servings: 8

Amount Per Serving			
Calories 281		Calories from Fat 45	
		%Daily Value*	
Total Fat 5g			8%
Saturated Fat 1g			6%
Cholesterol 37mg			12%
Sodium 557mg			23%
Potassium 454mg			13%
Total Carbohydrate 40g			13%
Dietary Fiber 3g			14%
Protein 17g			35%
Vitamin A 6%		Vitamin C 10%	
Iron 12%		Calcium 8%	

*Percent Daily Values are based on a 2,000 calorie diet.

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