

Meals with Teal #5

Menu:

Apricot pork tenderloin, rice, broccoli

Bonus: Peppermint bark

Recipes:

Apricot pork tenderloin:

2 pork tenderloins (usually around 2 1/2 lbs)**

1 Vidalia onion

Apricot sauce:

1 jar apricot preserves

2 tsp dried onion flakes

2 TBSP Dijon mustard

2 TBSP gluten-free soy sauce

1/2 tsp ground ginger

1/2 tsp crushed red pepper

*Mix apricot preserves with listed ingredients. Dice a Vidalia onion and put in slow cooker. Place pork tenderloins on top of onion (you can brown the pork first, but I like it better when it has not been browned and it saves you a step!). Spread apricot mixture on top of pork.

*Cook in slow cooker on low for 5-6 hours or on high for 3 hours. Slice pork and place back in slow cooker on warm until ready to serve.

**Can substitute boneless chicken breasts for the pork- just cook for half of the time.

Rice:

Cook per directions on stove top, in rice cooker, or in small slow cooker (cook on low for 2-3 hours).

Broccoli:

Microwave in the bag or in a microwave safe bowl for 2 1/2 minutes.

Bonus – Peppermint Bark:

2 bags each of Ghiradelli dark chocolate and white chocolate melting wafers.
1 bag crushed candy canes (can get on Amazon) or crush 6-8 candy canes in a ziplock bag using a hammer.

Peppermint extract.

*Melt the dark chocolate on the stove or in the microwave. Add 3 tsp peppermint extract. Line a cookie sheet with aluminum foil. Spread chocolate mixture evenly. Cover and refrigerate overnight.

*Melt the white chocolate on the stove or in the microwave. Add 1 tsp peppermint extract. Quickly spread mixture over dark chocolate. Sprinkle crushed candy canes on top. Cover and refrigerate overnight.

*Break into pieces (I recommend using cooking gloves) and share with those who you love!

Meals with Teal Video#5:

<https://www.youtube.com/watch?v=hkYS0xuyVrM>

The "bonus" video:

<https://www.youtube.com/watch?v=DBRVrDEfzWc>

Grocery List from Safeway:

Condiments, Spice & Bake

<u>Signature SELECT Mustard Dijon Bottle - 12 Oz</u>	\$2.50
<u>Signature SELECT Crushed Red Pepper - 1.5 Oz</u>	\$2.00
<u>Signature SELECT Onion Minced - 2 Oz</u>	\$2.99
<u>Signature SELECT Like Homemade Apricot Preserves - 13 Oz</u>	\$4.49
<u>Signature SELECT Ginger Ground - 1.5 Oz</u>	\$3.49
<u>Signature SELECT Tamari Soy Sauce - 10 Fl. Oz.</u>	\$2.50

Grains, Pasta & Sides

Signature SELECT Enriched Long Grain Rice - 32 Oz **\$2.69**

Fruits & Vegetables

<u>Yellow Sweet Onion</u>	\$1.49
<u>Signature Select/Farms Broccoli Florets Steam In Bag - 12 Oz</u>	\$2.00

Meat & Seafood

Boneless Whole Pork Tenderloin - 2.50 Lb \$12.48

Paper, Cleaning & Home

Reynolds Kitchens Slow Cooker Liners Regular Size - 4 Count \$3.99

Total: \$38.62

Safeway gift card: \$40

Nutritional Information:

Nutrition Facts: Apricot Pork Tenderloin

Serving Size: 4oz or 1 cup (8 servings per sample)

Calories 268

	% Daily Value
Total Fat 5.2g	6.7%
Saturated Fat 1.9g	9.5%
Trans Fat 0g	
Cholesterol 93.8mg	31.27%
Sodium 351.8mg	15.3%
Total Carbohydrates 31mg	11.3%
Dietary Fiber 0.8g	2.9%
Sugar 16.6g	35%
Added Sugars 0g	0%
Protein 29.7g	59.4%
Vitamin D 0%	Potassium 91mg
Vitamin A 1.5%	Vitamin C 6.3%
Calcium 1.8%	Iron 9.4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts: Rice

Serving Size: 1 cup (158g)

Calories 205		% Daily Value
Total Fat 0.4g		1%
Saturated Fat 0.1g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrates 45mg		16%
Dietary Fiber 0.6g		2%
Sugar 0.1g		0%
Added Sugars 0g		0%
Protein 4.3g		9%
Vitamin D 0%	Potassium 55mg	
Vitamin A 2.4%	Vitamin C 0%	
Calcium 16%	Iron 0.3%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Nutrition Facts: Broccoli
 Serving Size: 1 cup cooked

Calories 55	
	% Daily Value
Total Fat 0.6g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrates 11g	4%
Dietary Fiber 5.1g	18%
Sugar 2.2g	0%
Added Sugars 0g	0%
Protein 4.7g	9%
Vitamin D 0%	Potassium 736mg
Vitamin A 2.4%	Vitamin C 37.9%
Calcium 2.3%	Iron 5.2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	