

Bubbie's Space

Simple Recipes ♥ Bold Flavors ♥ Made with Love

Bubbie's PORK TENDERLOIN WITH SAUERKRAUT

Tender, Juicy & Full of Flavor!

A delicious, comforting oven-roasted pork tenderloin with savory sauerkraut. Simple ingredients, big old-world flavor!

PREP TIME	COOK TIME	TOTAL TIME
10 MIN	40 MIN	50 MIN

INGREDIENTS

- 1 (1½ to 2 lb) pork tenderloin
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- Salt and black pepper to taste

FOR THE SAUERKRAUT:

- 1 (16 oz) package sauerkraut, drained (reserve ½ cup juice)
- 1 small onion, thinly sliced
- 1 tbsp olive oil or butter
- 1 apple, sliced (optional, adds wonderful flavor)
- ½ cup chicken broth or reserved sauerkraut juice
- Salt and black pepper to taste



INSTRUCTIONS

1. **Preheat:** Preheat oven to 400°F (200°C).
2. **Season Pork:** Rub pork tenderloin with olive oil, minced garlic, Dijon mustard, salt and pepper.
3. **Sear (Optional):** In a large skillet over medium-high heat, sear the pork on all sides for 2–3 minutes until golden. This adds extra flavor, but you can skip if desired.
4. **Prepare the Sauerkraut:** In the same skillet, sauté onion in olive oil or butter for 3–4 minutes until soft. Add sauerkraut, apple (if using), and chicken broth (or reserved juice). Stir and season with a little pepper.
5. **Roast:** Place sauerkraut mixture in a baking dish. Set the pork tenderloin on top. Cover with foil and bake for 25 minutes. Remove foil and bake 10–15 more minutes, or until internal temperature reaches 145°F (63°C).
6. **Rest:** Let the pork rest for 5 minutes, then slice into medallions.
7. **Serve:** Serve over the sauerkraut and spoon some of the juices on top. Enjoy!

BUBBIE'S TIPS

- Searing the pork adds amazing flavor, but you can skip it for an easy one-pan meal.
- Use a tart apple (like Granny Smith) for the best flavor.
- Add a little caraway seed if you love traditional sauerkraut flavor.
- Leftovers taste even better the next day!

SERVING IDEAS

- Serve with mashed potatoes or roasted red potatoes.
- Pair with crusty bread.
- Add a simple green salad or steamed vegetables.
- Great for family dinners, holiday meals, or meal prep!

SIMPLE INGREDIENTS | BOLD FLAVORS | EASY RECIPES | MADE WITH LOVE | FAMILY FAVORITES

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