**Sweet-n-Sour Pork Loin**

RECIPE

**INGREDIENTS**

* 5 pound pork loin
* ¼ cup vegetable oil
* 3 tbsp. pork or chicken base
* 1 tbsp. black pepper
* 4 tbsp. vegetable oil

**For Sauce**

* 3 cups pineapple tidbits
* 3 red bell peppers cut into 1” chunks
* 3 green bell peppers cut into 1” chunks
* 1 ½ yellow onions cut into 1” chunks
* 1 ½ cups sugar
* ¾ cup brown sugar
* 1 ½ cups apple cider vinegar
* 1 cup ketchup
* 4 tablespoons low sodium soy sauce
* 6 cloves garlic minced
* Optional Ingredients:

cornstarch and water to thicken

(may use Minors sauce instead)

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. In a small bowl, mix together oil, meat base, and pepper until well blended. Rub paste into all sides of pork loin to coat well.
3. In a large skillet over medium heat, sear all of the loin until brown (loin may be cut to fit pan). Place loin on foil lined sheet pan and roast in a preheated oven till internal temperature reaches 145degrees. Remove from oven and let rest for 10 minutes.
4. For sauce: whisk together the sugar, brown sugar, apple cider vinegar, ketchup, soy sauce and garlic in a pot. Add bell peppers, onion and pineapple. Bring to a low boil and cook for 3 minutes so that peppers and onions are crisp-tender. You may add a cornstarch and water slurry if needed to thicken.
5. Cut pork into 1 inch slices and place in full size 2” pan. Pour sauce over pork when served.

|  |  |  |  |
| --- | --- | --- | --- |
| **Prep Time:** 30 minutes | **Cook Time:** 40 minutes | **Total Time:** 70 minutes | **Yield:** 24 servings |