

## Pork Loin with Peppers and Pepper Stuffing

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### Makes:

9 - 10 servings

### Utensil:

Saladmaster Food Processor  
11" Large Skillet with Cover  
small mixing bowl  
medium mixing bowl  
7" Santoku Knife  
Kitchen Shears

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### Recipe:

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### Recipe Description:

Three ounces (85g) of pork tenderloin has 19 fewer calories than chicken and 55 fewer calories than lean beef tenderloin. This low calorie, low fat delicious and impressive dish should eliminate the thought that pork is an unhealthy meat choice.

Pork and Stuffing

2 cups  
red, yellow and orange bell peppers, seeded and chopped  
(298  
g)

1 cup  
green onions, sliced including the green leaves  
(160  
g)

1 cup  
celery, sliced, use Cone #4  
(101  
g)

8 garlic cloves, shredded, use Cone #1  
1 teaspoon

salt  
(6  
g)

¼ teaspoon  
cayenne pepper  
(0.5  
g)

3 pounds  
pork loin, boneless  
(1.36  
kg)  
Twine

### Sauce

1

- tablespoon corn starch (8 g) 1
- tablespoon water (15 mL) 2
- tablespoons commercial jarred pepper (40 g)
- preserves

**Directions:**

1. In a medium bowl, mix peppers, green onions, celery, garlic, salt and pepper. Set aside.
2. Cut pork loin down the middle but not all the way through. Stuff with pepper stuffing mixture. Use twine and securely tie the pork loin together to secure the stuffing in the meat.
3. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, place roast in skillet and brown on all four sides, approximately 3 minutes per side.
4. Cover and reduce temperature to low and cook for approximately 25 - 35 minutes. Pork will be done when the interior reaches 160°F/71°C (for medium). Remove from heat and allow to rest for 5 - 10 minutes.

**Sauce**

1. Using remaining juices and errant vegetables (from the stuffing) in the bottom of the skillet, bring to a rolling simmer.
2. In a small bowl or jar, make a slurry of corn starch and water. Blend well.
3. Using a whisk, stir slurry into simmering juices to thicken.
4. Place pepper preserves into skillet and whisk to blend with simmering mixture until heated through. Place in creamer or gravy bowl.

**Serving**

1. Using tongs to hold meat, cut into slices and place slices on serving plate or individually plate. Use kitchen shears to remove twine (don't remove twine before slicing).
2. Allow diners to pour sauce on meat slices.

**Tips:**

- In lieu of commercial pepper preserves use: 1 teaspoon (or to taste) jalapeño pepper, finely chopped (3g); 1 tablespoon apple jelly (20g); 1 tablespoon vinegar (15mL)
- For fully cooked pork, internal temperature should be 170F°/77°C . Internal pork temperatures are based on USDA standards.

Nutritional Information per	
▼ Serving	
Calories:	187
Total Fat:	5g
Saturated Fat:	2g
Cholesterol:	90mg
Sodium:	312mg
Total	3g
Carbs:	
Dietary Fiber:	1g
Sugar:	1g
Protein:	31g