

Iowa

Pork Loin Roast with Veggies

Featured Food: Pork

Makes: 6 servings

Ingredients

Vegetables

- 2 medium onions, cut in wedges
- 2 cups potatoes, diced (about 2 medium)
- 2 cups baby carrots, sliced
- 2 tablespoons oil, divided
- ½ teaspoon black pepper
- ¼ teaspoon salt



Pork Loin Roast

- 1 ¼ pounds pork loin roast
- 1 tablespoon brown sugar
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- ¼ teaspoon salt

Directions

1. Preheat oven to 400°F.

2. In a bowl, mix veggies with 1 tablespoon oil, salt, and pepper.
3. Lay veggies around the edge of a baking pan and put in oven.
4. Use a small bowl to make the rub for the pork loin by mixing brown sugar, garlic powder, black pepper, and salt.
5. Sprinkle the rub over the pork loin. Press gently so the rub sticks to the roast.
6. Heat the remaining 1 tablespoon oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side.
7. Reduce oven temperature to 375°F. Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes.
8. Remove from oven. Let rest for 5 minutes. Slice and serve.

Notes

- Wash and cut potatoes and onion into chunks about the same size as baby carrots.
- Use a meat thermometer. Cooked pork can be pink even when the meat has reached a safe temperature.
- For safety and quality, allow meat to rest for at least three minutes before slicing.

Recipe from: *Spend Smart. Eat Smart*, Iowa State University Extension, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.