

# Garlic Brown Sugar Pork Tenderloin

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Garlic Brown Sugar  
PORK TENDERLOIN

Prep Time: 10 min

Cook Time: 10 min

Total Time: 40 min

## Ingredients:

- 1 (1 lb.) pork tenderloin
- 2 cloves garlic, minced (about 2 tsp)
- 2 tbsp whole grain Dijon mustard
- 1 tsp minced fresh thyme leaves
- 2 tbsp brown sugar
- 1 sweet onion, thinly sliced
- 1 tbsp olive oil
- Salt and pepper, to taste

## Directions:

1. Preheat oven to 400 degrees F. Spray baking dish with cooking spray.
2. In a small bowl, stir together mustard, brown sugar, olive oil, garlic, and thyme.
3. Place sliced onion in a single layer in bottom of prepared dish.
4. Season pork with salt & pepper on all sides, place on top of onion in the dish.
5. Brush half of the mustard mixture over the pork.
6. Cover with foil and bake for 25 minutes.
7. Remove cover, brush with remaining mustard sauce, put under the broiler for about 5 min. (or until crispy crust on top), and pork reaches an internal temperature of 140-150 degrees F.
8. Remove from oven; allow pork to rest for 10 minutes before slicing and serving.