

Maple Pineapple Crock Pot Pork Tenderloin

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Ingredients:

2 – 2 1/2# Pork tenderloin
salt, pepper
1 (16 Oz) package thick cut bacon slices
3 large sweet potatoes
1/2 cup cranraisins
1 (20 oz) can pineapple chunks
1/2 cup maple syrup
1/3 TBSP balsamic vinegar

Directions:

*Spray the inside of your slow cooker with nonstick spray.
*Sprinkle pork tenderloin with salt and pepper. Place in the slow cooker and wrap with the bacon slices, tucking the ends under the tenderloin.
*Peel and cube sweet potatoes. Place into slow cooker around the tenderloin. Sprinkle the sweet potatoes with cranraisins.
*Drain the pineapple chunks, reserving the juice. Place the pineapple chunks over the cranraisins.
*Whisk the reserved pineapple juice with the maple syrup and balsamic vinegar. Pour over all of the food in the slow cooker.
*Cook for 1 hour on high, then 1 1/2 hours on low. Carefully turn the meat over, stir the fruit and vegetables and cook on high for an hour.
*Turn the meat back over, lower the temperature again and cook another 1 1/2 hours. Check temperature of the pork to be sure it is at least 145 degrees (145 degrees is more rare, 160 degrees is medium). Remove the tenderloin, slice and serve with the fruits and vegetables. Drizzle with the sauce.