

Apple Braised Pork

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Ingredients

1 teaspoon dried thyme
1 teaspoon rubbed sage
1 teaspoon pepper
1 (3 pound) boneless pork loin roast
1 tablespoon canola oil
1 cup chopped onion
3 garlic cloves, minced
1 large apple – peeled, cored and chopped
1/2 cup frozen unsweetened apple juice concentrate, thawed
1/2 teaspoon salt

Directions

Combine the thyme, sage and pepper; rub over pork. In a Dutch oven, brown meat on all sides in oil; remove and keep warm. In the same pan, saute onion and garlic until tender. Add the apple, apple juice concentrate and salt; bring to a boil. Return meat to the pan. Cover and bake at 325 degrees F for 55-75 minutes or until a meat thermometer reads 160 degrees F, basting occasionally with to a serving platter and keep warm.

Pour cooking liquid into a measuring cup; skim off fat. Cool cooking liquid slightly; place in a blender or food processor. Cover and process until smooth. Serve with the roast.