

## Creamy Pork Tenderloin

(Inspired by recipe in Taste Of Home by Janice Chrisofferson, Eagle River Wisconsin)

**Takes about 30 min to prepare to bake then cooks for an hour.**

2 lbs of pork tenderloin cut into thin slices

Egg

olive oil

Breading

2 Cups Rice or corn cereal processed to crumbs in food processor, Filled small processor

½ t rosemary

½ t pepper

½ t garlic

Sauce

1 cup almond milk

2 cups Soy milk

4 T cornstarch

½ t rosemary

½ t pepper

½ t garlic



Heat olive oil in skillet. Mix together breading ingredients, then in another bowl mix egg and 1 T of water. Dip pork in egg mixture and then bread. Brown slices of tenderloin on both sides then place in greased Lasagna dish

Stove top instructions for White Sauce

Mix cornstarch with ¼ cup water to form a paste. Heat milk and spices to boil, stirring constantly stir in cornstarch and continue stirring till thickened

Microwave instructions for White Sauce

Mix cornstarch with ¼ cup water to form a paste. Heat milk and spices for 2 minutes on high. Stir in cornstarch paste. Cook 2 to 4 minutes more stopping and stirring every minute until desired thickness.

Make white sauce and pour over tenderloin. Cover dish with tinfoil and bake at 350 for 1 hour.

This can be prepared in Crockpot as well. I fix it at lunch time and cook on low. I make Crockpot mashed potatoes and place in second Crockpot so they are ready at supper time. A good choice on nights when everyone has to be somewhere so they can eat when it fits their schedule. I just serve with relish and fruit.

<http://www.lincolntent.com/GlutenFreeCaseinFree-PorkRecipes.html>