



[Stuffed Pork Tenderloin Recipe](#)

Recipe found on AnnsEntitledLife.com

Prep Time: 20 minutes

Cook Time: 60 Minutes

Ingredients:

- 4 TBSP Butter
- 1 Golden Delicious Apple, cored and grated
- 1 tsp Crushed Rosemary
- 1 tsp Tarragon
- 1 tsp Parsley
- 1½ Water
- 6 oz Stuffing (use boxed!)
- 2 lbs Pork Tenderloin
- 3 TBSP Dijon Mustard
- 1 tsp Brown Sugar

Directions:

- In a medium sauce pan over medium heat melt the butter.
- Add the Apple and cook for 2 minutes.
- Add ½ each of the rosemary, tarragon and parsley.
- Add 1½ Cups of water and bring to a boil.
- Add the stuffing stir to moisten, cover and set aside.
- Preheat oven to 350°.
- Butterfly the Tenderloin by cutting down vertically lengthwise about a 1/3 of the way in from the side of the tenderloin until 2/3 of the way through, don not cut all the way through.
- Then cut horizontally to the opposite side of where you started. You should now have a rectangle-ish flat piece of meat.
- Spoon the stuffing onto the cut side of the meat leaving a half inch space along the long edges.
- Roll the meat along the long edge and make a cylinder.
- Place rolled pork tenderloin onto a greased jelly roll pan seam side down and cook at 350° until the internal temperature is at 140°, 25-30 minutes depending on the thickness of the tenderloin.

- In a small bowl stir together the mustard, brown sugar and remaining parsley, tarragon and rosemary.
 - Brush on the meat and continue to cook the pork tenderloin until internal temperature of the pork (not the stuffing) is 150°.
 - Remove and cover with foil and let rest 10 minutes.
 - Slice and serve.
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- Makes 4 servings Stuffed Pork Tenderloin