



## Pork Loin with Roasted Squash

*Pork*

**Prep Time:** 30 mins **Cook Time:** 1 hr **Difficulty:** Easy **Servings:** 4 servings **Source:** Jason Eckert

### **INGREDIENTS**

- 1 tbsp oil
- 1 lb pork loin
- 1/4 cup red wine
- 1 cup chicken stock
- 1 sweet potato (cut in 1" pieces)
- 1/2 cup carrots
- 1 onion (quartered)
- 3 zucchini and/or yellow squash
- 1 tsp minced garlic
- 1 tbsp butter
- 1 tbsp flour
- 1 tbsp Dijon mustard



## *Meals of HOPE*

### **Rub:**

1/2 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp salt

1/2 tsp rosemary

### **DIRECTIONS**

Combine the rub ingredients and cover the pork loin. Brown on all four sides in an oven proof skillet with the oil. Add the potato and carrots and place in a 400° F oven for 45 minutes.

Add the remaining vegetables into the skillet and cook for 15 more minutes.

Remove the meat and vegetables to a serving platter and keep warm.

Add the mustard, wine and stock to the pan and place over high heat. Cream the butter and flour together and add to the pan and whisk. Reduce to sauce consistency. Salt to taste and pour over the meat and vegetables.