

# Pork Tenderloin w/ Blueberry Sauce



I wasn't sure of this combination of ingredients either, but trust me, they're Yummy!

Serves 4

1 ~ 1lb pork tenderloin,  
trimmed of fat and silver  
skin

3T butter, divided use

1T sugar

2T all~purpose flour

salt and pepper

1/4c Tawny Port wine

2T balsamic vinegar

1c fresh blueberries

1c cherry tomatoes,  
chopped

Preheat oven to 350. Roast pork 25~30 minutes or until meat thermometer reads 155°. Remove from oven, cover with foil and allow to rest and continue cooking until pork reaches at least 160°.

In large skillet over medium heat, melt 2T butter. Add onions and cook until onions are golden, about 10~12 minutes. Add sugar and cook until onions are caramelized. Add remaining butter and allow to melt. Add flour, mix and cook at least 4 minutes or until all of the flour is incorporated.

Add port, balsamic vinegar and tomatoes and bring to a boil. Whisk in remaining butter. Reduce heat and lightly boil until thick and syrupy ~ about 2~3 minutes. Remove from heat.

Thinly slice pork and drizzle with sauce.

**Debbie Spangler ~ Certified Personal Chef**

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