

BBQ Pork Tenderloin

Courtesy of Carole's Creations

Prep Time: 10 minutes

Standing time: 30 minutes

Cooking Time: 30 – 45 minutes

Serves: 6

CChints: This recipe was written for a gas grill. This pork will cook best on a cast iron griddle or large grill pan. The solid surface will keep you from losing any of those flavorful juices as the pork cooks. You will also need a meat thermometer to test the internal temperature of the pork.



2 pounds pork tenderloin

1 bottle honey BBQ sauce or your favorite

Dry rub:

1 Tablespoon each salt, pepper, smoked paprika and brown sugar

1 teaspoon each garlic powder and onion powder

In a small metal or glass bowl, mix the dry rub ingredients together. Thirty minutes prior to cooking, rinse the pork and cut off any excess fat. Pat dry and lay on a cutting board covered with foil for easy clean up. Apply the dry rub to all sides of the pork and let stand at room temp for 30 minutes. This time allows the meat to come to room temperature and the rub to start flavoring the pork.

Put the cast iron pan on the grill and turn on the grill to medium for 15 minutes. Use tongs to place pork in the heated pan. Allow it to sear on each side 10 minutes at a time, close the cover in between turning the pork. After 20 minutes use a silicone brush to apply the BBQ sauce and close the cover. After 10 minutes insert the meat thermometer and if the internal temperature is 160 degrees F, the pork is ready. If not, close the cover and check every 5 minutes until 160 degrees is reached.

During this time, tear off the foil from the cutting board, throw it away. Remove the pork from the grill and put it on the cutting board. Let it rest for 10 minutes which will allow the juices to redistribute through the pork. Slice into half to 1 inch pieces and lay on a serving platter. Carefully pour any juices over the pork.

Serve with sides like rice, vegetables, potato salad, Texas Caviar* , Broccoli Salad* , Deviled Eggs* , etc.

*All Recipes are on this Carole's Creations website.