

# PORK TENDERLOIN WITH SOUR CREAM

## INGREDIENTS

1 chopped onion  
1 cup cut mushrooms  
1/2 cup butter  
1 minced garlic clove  
1 pork tenderloin, cut into 1-inch pieces  
2 tablespoons flour  
2 cups chicken broth  
salt and pepper → *Do not use pepper if you have ulcer or pain*  
1/2 tsp thyme  
1/2 cup sour cream (14% MF)

## PREPARATION

1. Brown the onion, mushrooms, and garlic in the butter, add the meat and cook for 10 minutes.
2. Add the chicken broth mixed with the flour, salt and pepper and the thyme, cook for 15 minutes over low heat.
3. When serving add sour cream and heat through without boiling.
4. Serve with angel hair pasta or other thin pasta.

Recipe translated from: [www.recettes.qc.ca](http://www.recettes.qc.ca)

[apainintheneck.org](http://apainintheneck.org)

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