

Pork Loin Roast

Makes 4-6 servings | Protein

Ingredients

- 1-2 teaspoons garlic powder
- 1-2 teaspoons dried rosemary
- Salt and black pepper to taste
- 2 Tablespoons canola oil
- 4-5 pounds pork loin roast (thawed, if frozen- see below)
- Aluminum foil

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400°F.
3. In a small bowl, combine garlic powder, rosemary, salt, and pepper.
4. Rub pork roast with oil.
5. Press or rub the seasoning mixture into the pork roast.
6. Place pork roast on a baking sheet. Wash hands with warm water and soap after touching raw meat.
7. Cover pork roast with aluminum foil. Bake for 10 minutes.
8. Reduce heat to 350°F and cook for 60-75 minutes.
9. Uncover the pork and cook for another 10-15 minutes to give it a golden crust. Pork roast should cook for a total of 20-25 minutes per pound of meat.
10. Check the internal temperature of the pork roast with a food thermometer. When pork roast reaches an internal temperature of 145°F, it is done.
11. Remove pork roast from the oven and let it rest for 5 minutes before slicing.

Serving suggestion: enjoy with vegetables or a salad.

Thawing Instructions

Thaw pork roast in the refrigerator on a plate overnight. If there isn't time to thaw overnight, thaw it in a cold water bath, changing the water every 30 minutes. This may take 2-3 hours. Cook immediately.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyo.cnp.org/> | cnp-info@uwyo.edu

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