

Grilled Pork Tenderloin with Sweet Smoky Rub

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- 1/3 cup packed brown sugar
- 2 tablespoons kosher salt
- 1 teaspoon smoked paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon mustard powder
- 2 pounds pork tenderloin, about 1 lb each
- 1 tablespoon canola oil

Per Serving (excluding unknown items): 302 Calories; 9g Fat (28.3% calories from fat); 38g Protein; 15g Carbohydrate; trace Dietary Fiber; 118mg Cholesterol; 2876mg Sodium; 14g Total Sugars; 1mcg Vitamin D; 28mg Calcium; 2mg Iron; 752mg Potassium; 447mg Phosphorus. Exchanges: .

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Servings: 5

1. Marinate pork tenderloins: Place a wire rack inside a medium-sized rimmed baking sheet, and set aside. Whisk together brown sugar, salt, smoked paprika, onion powder, garlic powder, and ground mustard in a small bowl. Pour sugar mixture into a gallon-size ziploc plastic bag, add pork, and seal well. Shake bag until pork is coated. Let stand 5 minutes; shake bag again to coat pork. Remove pork from bag, and transfer to prepared rack; discard sugar mixture if any remains. Refrigerate, uncovered, 8 to 12 hours.
2. Preheat grill to medium high (400°F to 450°F). Remove pork from refrigerator; let stand at room temperature 30 minutes. Gently brush pork with oil (do not brush off dry rub).
3. Grill: Place pork on oiled grates; grill, uncovered, turning occasionally, until charred in spots and an instant-read thermometer inserted into thickest portion of pork registers 140°F, 15 to 20 minutes. Remove from grill; let stand 15 minutes. (Temperature will rise to 145°F.) Slice and serve.