

Pork Marinade

Yield: 1 quart enough marinade for 6-9 lbs pork tenderloin, chops, steak

After marinating, pork can be sautéed, roasted, grilled or broiled.

Ingredients	Measure		Nutrition per Tbsp Serving	
	24 - 1 oz			
Water	1 quart		Calories	30
Med-Diet® Low Sodium Bar-B-Q Sauce Mix	9 oz (1½ cups)		Total Fat g	1.5
Med-Diet® Low Sodium Beef Soup Base	3 oz (½ cup)		Saturated Fat g	0
Top Kick™ Low Sodium All Purpose Seasoning	3 Tbsp		Cholesterol mg	0
Minced garlic	1 ½ oz (3 Tbsp)		Sodium mg	55
Vegetable oil	4 oz (½ cup)		Carbohydrate g	4
Honey	1 oz (2 Tbsp)		Fiber g	0
			Sugar g	2
			Protein g	0

Preparation

1. In large, shallow container, whisk together water, bar-b-q sauce mix, beef soup base, all purpose seasoning, garlic, oil and honey. Add pork; turn to coat.
2. Cover; refrigerate at least 1 hour to marinate.
3. Remove pork from marinade; discard marinade. Cook pork as desired until internal temperature is 145°F.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Bar-B-Q Sauce Mix	6 – 20 oz	3 gal	2279321
Med-Diet® Low Sodium Beef Soup Base	6 – 16 oz	42 gal	2192474
Top Kick™ Low Sodium All Purpose Seasoning	12 – 5 oz	1704	8631594