

# BBQ Pork Tenderloin

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1	pound	pork tenderloin
1	medium	onion - chopped
2	tablespoons	olive oil
1	clove	garlic - minced
1/4	cup	ketchup
1/4	cup	chili sauce
1	tablespoon	Worcestershire sauce
2	teaspoons	cider vinegar
1/2	teaspoon	tabasco sauce
1	cup	water

Trim pork of excess fat and silver skin, then cut crosswise into 1/4" thick slices. Cut each slice into 3 strips.

Cook onion in a 4 qt heavy pot over moderate heat, stirring occasionally, until golden, about 5 minutes. Add garlic and cook, stirring, 1 minute. Add ketchup, chili sauce, W-sauce, vinegar, hot sauce, and water and simmer, uncovered, stirring occasionally, about 5 minutes.

Add pork and simmer, covered, until pork is cooked through and tender, 8 to 10 minutes. Transfer pork with a slotted spoon to a bowl and cover to keep warm. Boil remaining sauce, stirring occasionally, until slightly thickened, about 3 minutes. Pour sauce over pork.