



## Molasses Grilled Pork Tenderloin

### Description

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This molasses grilled pork tenderloin recipe is a family favorite. It comes from one of my favorite cookbooks [\*\*Southern Living's™ Easy Weeknight Favorites\*\*](#). The pork tenderloin sets in the molasses marinade for 8 hours or more which gives it a little sweetness. My husband went a little heavy on the marinade and poured it over the top of the tenderloin after it came off the grill, but

according to the recipe you just baste the remaining marinade on top during the last 8 minutes.

One of the things I like most about the summer months is grilling. I like grilling for several reasons. The primary one is that my husband does all the grilling so it gives me a break from cooking. I also think meats like steak and pork taste much better when grilled.

This molasses grilled pork tenderloin makes a great meal for your family or for a bar-b-que with friends. For my family of four I used a small pork tenderloin, but if your family has big appetites I would make more than one. This recipe uses 4 (3/4 lb) pork tenderloins and serves roughly 8 people.

I hope you enjoy a little grilling this holiday weekend. Have a great 4th of July!

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Molasses Grilled Pork Tenderloin

Recipe Type: entrée

Author: Dawn Pasco

Serves: 8

### Ingredients

- 1/2 cup molasses
- 1/4 cup coarse-grained Dijon mustard
- 2 tbsp apple cider vinegar or white vinegar
- 1 tsp salt
- 4 (3/4 lb.) pork tenderloin
- vegetable cooking spray

### Instructions

1. Combine first 4 ingredients and brush half of mixture over pork.
2. Cover and chill 8 hours and chill remaining molasses glaze.
3. Coat grill rack with cooking spray. Place on grill over medium hot coals )350 to 400 degrees.
4. Place pork on rack; grill covered with grill lid 18 to 20 minutes or until a meat thermometer inserted into thickest portion registers 160 degrees.
5. Turn pork once and baste with reserved molasses glaze during last 8 minutes.

Linking to [Foodie Fridays](#)

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### Author

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