

# Pumpkin Butter and Thyme Pork Tenderloin



## Ingredients:

1lb Pork Tenderloin

1 tbs Olive Oil

1/3 cup Jackie's Pumpkin Butter Jam

2 tbs Unsweetened Apple Sauce

1 tbs Fresh Thyme

Salt and Pepper to taste

## Instructions:

Put the rack in the middle of your oven and preheat to 425 degrees. Also preheat a cast iron skillet over medium high heat.

In a small bowl, combine pumpkin butter, apple sauce, and thyme. Set aside.

Pat the pork tenderloin dry with a paper towel and season generously with salt and pepper on all sides. Add oil to hot skillet and sear the pork on all sides (2 minutes per side).

Top with pumpkin butter mixture and spread evenly on top. Bake in skillet until tenderloin reaches an internal temperature of 145 degrees (about 15 minutes).

Rest 3-5 minutes and slice to serve.

*Jackie's Jams*