

Grilled Pork Tenderloin with Tortillas Mango Salsa Black Beans

Prep time: 60 minutes

Total time: 4 hours

This meal doesn't take a great deal of prep time but because the meat has to marinate about 4 hours you may be scared off on a workday. You can marinate the meat the night before and then you only have to start about 45 minutes out from table time. Cut down on prep time by using your favorite purchases salsa.

Grilled Pork Tenderloin

8 eight-inch tortillas
1 1/2 lb. pork tenderloin
1 cup chopped green onions
1/2 small onion, chopped
1 T. brown sugar
1 T. grated fresh ginger
2 tsp. kosher salt
1 T. vinegar
1 T. soy sauce
1 T. oil
1 T. dried thyme
1 tsp. Allspice
1/2 tsp. nutmeg
1/4 tsp. cinnamon
Fresh cracked pepper to taste
3 minced garlic cloves
1 – 4 Habanera or hatch peppers, roasted
Avocado
Sour cream

Tip: Always wear plastic gloves when handling hot peppers such as Habaneras, Hatch or even jalapeno. The oil can penetrate the skin and burn for a long time.

Remove any of the membrane on the tenderloin and rinse with water. Pat dry. Butterfly the meat by cutting it lengthwise, end-to-end, but only about half way through. Press open. Then cut each side in the same manner, end-to-end, but only about half the way through the meat. Press flat and place in a large zip lock bag.

The first time I made this, I used just one hatch pepper, which for me is a very hot pepper. When I tasted the marinade, it was very hot...but the finished

product was very mild; great flavor but not spicy at all. I now use at least 3 and sometimes, 4 peppers.

Place the next 15 ingredients (green onions through hot peppers) into a food processor or blender and puree. Pour over the meat in the zip lock bag, seal and refrigerate for at least 4 hours but over night is good too. I've even marinated the meat for up to 48 hours.

Prepare the grill by spraying with a vegetable spray and then turn it on. Grill the meat until just slightly pink inside, about 6-8 minutes per side. Remove from the grill and let it rest for about 10 minutes before cutting it on the diagonal into thin slices.

Serve with sour cream, avocado, warm tortillas and salsa.

Mango Salsa

1 Mango
1 medium tomato
1/4 cup finely minced onion
1 green pepper cut into small pieces
1/2 cup chopped fresh cilantro
Juice of one fresh lime
2 T. honey

If the mango is too ripe, it will be mushy so choose one that is ripe but still firm. Peel and chop the mango into small pieces, the smaller the better. Chop and seed the tomato. Add the onion, pepper, cilantro, limejuice and honey. Mix well. It's best if you make this at least 30 minutes before dinner so the flavors can blend.

Black Beans

If you are watching your fat grams, you can eliminate the sausage all together.

6 ounces chorizo sausage
Two 15 oz. cans black beans, rinsed
1 cup diced onion
2 minced garlic cloves
1 jalapeno pepper, seeded and diced
1/2-cup cheddar cheese

In a pan large enough to hold the beans, brown the chorizo until just barely pink and drain off the fat. Add the garlic, pepper and onions and sauté until onions are translucent. Add the beans and simmer until flavors are blended and beans hot, about 20 minutes. Garnish with cheese.

Shopping List

Check your pantry for the following and add to the list below if necessary.

Brown sugar	Kosher salt	Vinegar
Soy sauce	Oil	Allspice
Dried/fresh thyme	Nutmeg	Salt
Fresh cracked pepper	Garlic cloves	Honey
Cinnamon		

Here's what you'll need from the store and what you'll need it for:

_____ 1 1/2 lb. pork tenderloin
_____ 6 oz. chorizo sausage (beans)
_____ Tortillas
_____ Sour cream (meat)
_____ Cheddar cheese (beans)
_____ Two 15 oz. cans of black beans (beans)
_____ Large lime (salsa)
_____ Mango (salsa)
_____ Fresh ginger – about a 4-inch piece or bottled (meat)
_____ Jalapeno pepper (beans)
_____ 1-4 Habanera or hatch pepper (meat)
_____ Green Pepper (salsa)
_____ Medium tomato (salsa)
_____ 1 bunches green onion (meat)
_____ 2 white onions (meat, salsa, beans)
_____ 1 Avocado (meat garnish)
_____ 1 bunch cilantro (Salsa)

Timetable

4 hours before dinner or the evening before:

- Prepare the marinade and place in a zip lock bag with the meat; refrigerate and turn occasionally

60 minutes before dinner:

- If using charcoal, start the fire now
- Make the salsa and let set at room temperature

45 minutes to dinner:

- If using a gas grill, turn it on now
- Set the table

25 minutes to dinner:

- Drain the marinade from the meat and discard; put meat on the grill and turn every three minutes on all four sides
- Make the beans and put on the stove on low heat to simmer
- Preheat oven to 400 degrees to heat the tortillas (or you can wrap in foil and place on the grill)

18 minutes to dinner:

- Continue to turn the meat
- Stir beans frequently

12 minutes to dinner:

- Check the meat and if done, pull from the grill. Remember, when you take it off the grill, it will continue to cook as it “rests” so you want it to be a little rarer than what you want your final product to be
- Wrap tortillas in foil and place in the oven or on the grill to warm
- Slice avocado
- Put sour cream into a serving dish
- Place favorite beverages on the table

10 minutes to dinner:

- Turn beans off and let them set on the stove

5 minutes to dinner:

- Slice the meat and place on a platter
- Put the tortillas into a bread basket on a napkin
- Place the beans in a serving dish and garnish with cheese

Dinnertime: Take all the food to the table and call the family