

Fabulous 30 Minute Dinner



Baxters Butternut Squash & Red Pepper Soup with a Dollop of Greek Honey Yogurt

Prep Time
1 mins

Cook Time
5 mins

Total Time
6 mins

Ingredients

2 cans of Baxters Butternut Squash & Red Pepper Soup
Greek Honey Yogurt

Directions:

1. Empty contents Baxters Lentil & Vegetable Soup into a saucepan. Heat, stirring often. Once the soup reaches desired temperature remove, and place into serving bowls.
2. Top the soup with a dollop of greek honey yogurt.



Honey-Dijon Glazed Pork Tenderloin

Prep Time
12 hours

Cook Time
25 mins

Total Time
12 hours 25 mins

Ingredients

1.5-2 lb (680-907 g) Pork Tenderloin	1 TBS (15 ml) Honey
½ cup (65 g) Packed Brown Sugar	1 TBS (15 ml) Maple Syrup
1 TBS (15 ml) Dijon Mustard	½ (2 ml) tsp Black Pepper
1 TBS (15 ml) White Vinegar	¼ (1 ml) tsp All Spice

Directions:

1. Rinse and pat dry pork tenderloin. Place into a large ziplock bag and set aside. Mix remaining ingredients together in a small bowl. Reserve 3 TBS of the mixture and set aside. Pour remainder of mixture into the plastic bag over the pork. Push as much air out of the bag as you can and seal it. Make sure the mixture coats the pork thoroughly (using your hands to move the liquid inside of the bag). Allow to marinate for 12-24 hours (usually do this the night before).
2. Pull pork out of the refrigerator 30 minutes prior to cooking. Preheat oven to 400°. Heat 1-2 TBS canola oil in a large oven-safe skillet (cast iron) over medium high heat. Sear the pork on all sides (about 5 minutes in total).
3. Place entire skillet into the oven and bake until the internal temperature of the pork reaches 150°F (about 15-20 minutes). Remove from oven and also remove pork from skillet and place onto a cutting board. Allow to rest for 8-10 minutes before slicing. Slice across the grain into half inch thick pieces and serve.



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Sautéed Baby Carrots Ginger-Scented Rice

Prep Time 5 mins	Cook Time 15 mins	Total Time 20 mins
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Ingredients

1 gingerroot (3-inch x 1-inch piece peeled, cut crosswise into 1/2-inch-thick pieces)
1 1/2 cups water
1 cup rice , rinsed

1 tablespoon unsalted butter
1 teaspoon sea salt
1 bag of baby carrots
2 tablespoons oil
2tablespoons butter

Directions:

Rice

1. Using garlic press, squeeze fresh ginger into a small bowl; you'll need 1 1/2 tablespoons juice with pulp. Place in small saucepan with cover.
2. To pan add 1 1/2 cups water, rice, butter, and salt. Cover; bring to boil over high heat.
3. Reduce heat to low and cook, covered, until rice is tender, about 15 minutes. Remove pan from heat; let rice sit 10 minutes. Uncover; fluff rice with fork.

Carrots

- 1 Heat butter and oil in a pan over medium high heat. Pick a pan large enough to hold all your carrots without crowding them.
- 2 Add the carrots to the pan. Cook the carrots, uncovered, being sure to keep them moving. They need to move more the longer they cook to keep them from burning. The carrots are done when they're cooked through and browned to your liking.



Coffee Yogurt with Sliced Bananas

Prep Time 5 mins	Cook Time 0 mins	Total Time 5 mins
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Ingredients

1 coffee yogurt
2 bananas, sliced

Directions:

1. Place desired amount of yogurt into a bowl, top with sliced bananas. Enjoy!

