

# Herb Crusted Dijon Pork with Prunes

## PREP TIME:

5 minutes

## COOKING TIME:

LOW: 8 hours  
or  
HIGH: 3 1/2 hours

## SERVES:

4-6

## INGREDIENTS:

2lb pork loin, trimmed of fat

2 tbsp Dijon mustard

1/2 tsp salt

1 Provençale blend

1/2 cup / 4 fl oz white wine / chicken  
broth

7 oz / 20 ready-to-eat pitted prunes

1/4 cup / 2 oz sour cream

## PREPARE:

brush the pork with the Dijon mustard;  
mix the Provençale blend and the salt,  
sprinkle onto mustard coating

add the white wine and prunes to the  
slow cooker

transfer the pork into the slow cooker

cook on LOW: 8 hrs or HIGH: 3 1/2 hrs

remove the pork and slice to serve

stir the cream into the juices in the slow  
cooker and spoon over the pork

serve over buttered, wide egg noodles  
or creamy polenta

