

# Boneless Pork Loin

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This super simple recipe uses rubs or herbs to add wonderful flavor to a tender pork roast. The roast is cooked until 145-155 degrees because the temperature will continue to rise when it's out of the oven.

**Prep Time: 10 minutes**

**Cook Time: 1 ½ - 2 hours**

## Ingredients:

- 4 lb. boneless pork loin roast
- 3 Tbsp. olive oil
- Pork rub or seasoning of choice [lemon pepper, rosemary, thyme, etc.]
- 1-2 cups water

## Preparation:

Place roast in shallow roasting pan on top of meat rack. Pour water into bottom of pan, enough to cover pan bottom. Rub roast with olive oil and then with seasonings. Let stand for 30 minutes.

Preheat oven to 425-450 degrees. Place boneless loin roast, uncovered, for 20 minutes in oven to brown and sear pork. Reduce heat to 325 degrees. Cover roast [with lid or foil]. Continue to bake the pork loin for another hour or until the internal temperature registers 145-155 degrees. Let roast stand, covered, 5-10 minutes before carving to lock in the juices.

Use pan drippings to make gravy if desired.

Cooking times are suggested cooking times only as ovens do vary. Please use meat thermometer to determine that your roast is fully cooked to at least 145-155.

6 servings

\*\*May also use bone-in loin roast if preferred. Cooking time will be closer to 1 ½ hours with the bone.