



## Rosemary Porkloin Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>73</b>
<b>Serving Size</b>	<b>10</b>

### Ingredients:

- 2 Tbsp oil
- 1 kg pork, loin, boneless-skinless, whole
- 1 Tbsp salt
- 2 tsp pepper, black
  
- 1 cup onion, chopped
- 1/2 cup carrot, chopped
- 1/2 cup celery, chopped
- 1 pack DEL MONTE Tomato Paste (150g)
- 1 can crushed tomato, canned (794g)
- 4 cups water
- 1 Tbsp rosemary

### Preparation:

1. Season meat with salt and pepper on all sides. Brown meat in oil. Remove from pan then set aside. Discard the excess oil from the pan and keep only about 2 tablespoons of oil.
2. In the same pan, sauté onions, carrots, and celery until softened. Stir in DEL MONTE Tomato Paste and cook for another 3 minutes. Add the pork back into the pan.
3. Add the crushed tomatoes and water. Bring to a boil then cover and simmer for 30 - 45 minutes or until meat is tender.
4. Add rosemary and cook for 10 minutes. Slice then top with the remaining sauce. Serve.

### Chef's Tip

To check if your porkloin is cooked, pierce the center of the porkloin with a small knife then press the blunt part of knife carefully against your lip. If the knife feels hot, the pork is ready.

### Lusog Notes

This Rosemary Porkloin dish is high in vitamin A which is important to keep the normal structure of the skin and to keep the immune system healthy. It also has iron that is needed for normal metabolism.

### Cooking Skills Needed

- Boiling
- Simmering
- Sautéing

### Cooking Tools

- Measuring Cups

- Spatula
- Chopping Board
- Measuring Spoon
- Pot

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