


Rush Hour Recipe



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**Rush Hour
RECIPE**

Pork Loin Roast With Mustard Rub

Ingredients

- 2 tablespoons spicy mustard
- 1 teaspoon Creole seasoning
- 1 teaspoon dried leaf thyme, crumbled
- 1/2 teaspoon dried rosemary, crumbled
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 pork loin roast, about 4 to 5 pounds
- Salt and pepper


Cooking Directions

Line a 13x9-inch baking pan with foil. Heat oven to 325°.

Combine mustard, Creole seasoning, thyme, rosemary, garlic powder, and olive oil in a small bowl.

Wash pork roast and pat dry; trim and discard excess fat. Sprinkle with salt and pepper. Rub the mustard mixture all over the roast; place, fat side up, in the prepared baking pan. Insert a meat thermometer in the center of the meat, not touching fat or bone. Bake for 2 to 2 1/2 hours, or until the pork registers about 160° on the meat thermometer.

Serves 6



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