

Instant Pot Pork Loin

from kristineskitchenblog.com

Cooking a pork loin in the Instant Pot couldn't be easier! This Instant Pot Pork Loin cooks up moist and flavorful with a luscious gravy. It's perfect for Sunday dinner.

Prep Time	Cook Time	Inactive Time	Total Time
25 mins	16 mins	30 mins	1 hr 11 mins

Servings: 8 servings Calories: 215kcal

Ingredients

- 2-3 pound boneless pork loin roast
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- $\frac{3}{4}$ teaspoon coarse Kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 tablespoon olive oil
- 1 $\frac{1}{4}$ cups low sodium chicken broth use 1 $\frac{3}{4}$ cups for 8 quart pot
- 3 tablespoons low sodium soy sauce use $\frac{1}{4}$ cup for 8 quart pot
- 3 tablespoons honey use $\frac{1}{4}$ cup for 8 quart pot
- 2 tablespoons tomato paste
- 1 tablespoon Dijon mustard
- 4 cloves garlic minced
- 2 tablespoon cornstarch
- 2 tablespoon water



★★★★★
5 from 9 ratings

Instructions

1. Pat the pork dry. Combine the paprika, garlic powder, dried thyme, salt and pepper in a small bowl and stir to mix. Rub the spice mixture over all sides of the pork.
2. Heat the olive oil in the Instant Pot using the sauté function. Once hot, add the pork and brown on all sides, 1-2 minutes per side. Remove the pork to a clean plate. Turn off the sauté function.
3. Pour the chicken broth into the pot and stir, scraping up all browned bits from the bottom of the pot.
4. Add the soy sauce, honey, tomato paste, Dijon mustard and garlic. Stir or whisk until well combined. Add the pork back to the pot.
5. Close the lid and move the steam release valve to the sealing position. Pressure cook on high pressure for 14 minutes for a 2 pound pork loin, 16 minutes for a 2.5

- pound pork loin, or 18 minutes for a 3 pound pork loin. The Instant Pot will take about 10-15 minutes to reach pressure and then the cook time will start counting down.
6. When the cook time ends, allow the pot to naturally release for 20 minutes by leaving the pot alone (it can be on keep warm). Then quick release any remaining pressure (there probably won't be any). Open the Instant Pot lid and use an instant read thermometer to check that the pork has reached 145° F in the center. If the pork is not quite done, turn on the sauté function (with the lid off), let the sauce come to a simmer, and then turn off sauté and place the lid back on the pot for about 5 minutes, repeating as needed until the pork reaches 145° F.
 7. Remove pork to a clean cutting board. Let it rest for a few minutes while you thicken the gravy.
 8. To thicken the gravy, stir together 2 tablespoons cornstarch and 2 tablespoons water in a small bowl. Pour this cornstarch slurry into the sauce in the Instant Pot, whisking it in as you pour. Turn on sauté and cook until thickened (it should only take a minute or two). Then turn off the Instant Pot and remove the inner pot to stop the cooking process.
 9. Slice pork and serve with the gravy.

Nutrition

Calories: 215kcal | Carbohydrates: 11g | Protein: 27g | Fat: 7g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 71mg | Sodium: 554mg | Potassium: 543mg | Fiber: 1g | Sugar: 7g | Vitamin A: 191IU | Vitamin C: 1mg | Calcium: 19mg | Iron: 1mg

Nutrition information is only an estimate.



All Rights Reserved © Kristine's Kitchen <https://kristineskitchenblog.com>