

# Instant Pot Honey-Glazed Pork Tenderloin

## Ingredients:

- 1 1/2 lbs pork tenderloin
- 2 cups chicken broth
- 2 bay leaves

## For the Glaze:

- 1/4 cup low-sodium soy sauce
- 1/2 cup Raw organic honey
- 4 cloves garlic, minced
- 1/2 tsp. ground ginger
- 1/8 to 1/2 tsp. red pepper flakes (depending on your desired spice level)
- 1/2 cup water
- 2 Tbs cornstarch

Add chicken broth and bay leaves to the Instant Pot. Place the trivet in the pot and the set the pork tenderloin on top of the trivet. Close lid and make sure release button is in the sealed position. Cook on Manual High Pressure for 20 minutes.

Meanwhile, combine the ingredients for the glaze in a small bowl, and mix thoroughly. When the 20 minutes are up, let the Instant Pot natural release for 7 to 8 more minutes before putting a towel over the vent to do a manual release. Remove the pork to an oven-proof baking sheet lined with aluminum foil, and discard bay leaves and chicken broth from the Instant Pot.

Set the IP to saute' mode and once hot, add glaze mixture. Stir until it begins to thicken. Spoon half of the mixture over the pork, brushing the glaze on the top and sides of the pork. Broil the pork in the oven for a few minutes until the top starts to set and become a dark golden-brown. Remove and let set about 5 minutes before slicing. Slice pork and spoon remaining glaze/sauce over pork as desired. Enjoy!

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"I want to be like a caterpillar. Eat a lot. Sleep for awhile,  
and wake up beautiful!" - Anonymous***