



Pork tenderloin and rice crockpot recipe hoisin is a mouthwatering combination that brings together tender, juicy meat and flavorful rice in one pot. This dish is perfect for busy days when you want a hearty, delicious meal without spending hours in the kitchen. The crockpot does all the work, blending the savory flavors of [pork with the sweet and tangy](#) notes of hoisin sauce. Whether you're cooking for your family or preparing for a dinner party, this recipe is a guaranteed crowd-pleaser. In this guide, we'll walk you through the steps, tips, and variations to help you create this irresistible dish.

Why Choose Pork Tenderloin for Slow Cooker Recipes?

Pork tenderloin is a favorite among home cooks for good reason. It's lean, tender, and packed with flavor. When cooked using a slow cooker, this cut gets even juicier as it soaks up the rich flavors of sauces and seasonings.

Here's why pork tenderloin should be your go-to for crockpot recipes:

- **Lean and Healthy:** Pork tenderloin offers a low-fat, high-protein option for balanced meals.
- **Versatility:** It can be paired with sauces, grains, and spices for countless recipe options.
- **Perfect for Slow Cooking:** Its structure allows it to absorb flavors while maintaining tenderness, making it the perfect candidate for extended cooking methods like crockpots.

The Secret to a Perfect Hoisin Sauce for Your Crockpot Meal

Hoisin sauce, often called the "Chinese BBQ sauce," is sweet, savory, and slightly tangy. It's the secret to transforming your pork tenderloin into a flavor-packed dish. Here's how to create the best hoisin sauce for your recipe:

- **Balance the Sweet and Salty:** A good hoisin sauce includes ingredients like soy sauce and sugar for the perfect contrast.
- **Add Aromatics:** Ginger, garlic, and sesame oil amplify the sauce's depth and aroma.
- **Boost Complexity with Acidity:** A splash of rice vinegar or lime juice brightens the flavors.
- **Optional Heat:** Add a pinch of chili flakes or sriracha for a spicy kick.



Hoisin sauce does wonders by penetrating the pork tenderloin during the slow cooking process, ensuring every bite is rich and satisfying.

Ingredients Needed for Pork Tenderloin and Rice Crockpot Recipe

Here's everything you need to recreate this hearty favorite:

- **For the Pork Tenderloin in Hoisin Sauce:**

- 2 lbs pork tenderloin
- ½ cup hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 2 cloves garlic (minced)
- 1 teaspoon grated ginger
- Optional garnish: chopped scallions and sesame seeds

- **For the Rice and Additions:**

- 2 cups uncooked jasmine rice (or rice of your choice)
- 4 cups chicken broth
- Steamed vegetables (optional): broccoli, snow peas, or carrots

Step-by-Step Guide: Simple Pork Tenderloin and Rice Crockpot Recipe with Hoisin Sauce

Step 1: Prep the Slow Cooker

Lightly grease the inside of your slow cooker with cooking spray or a small dab of oil to prevent sticking.

Step 2: Prepare the Pork

Place the pork tenderloin at the center of the crockpot. Whisk together hoisin sauce, soy sauce, sesame oil, rice vinegar, minced garlic, and grated ginger in a bowl, then pour the mixture over the pork. Turn the pork until it's evenly coated.



Step 3: Set and Forget

Cover and cook on low for 6 to 8 hours, or on high for 3 to 4 hours, based on the size of the tenderloin. Check for doneness using a meat thermometer; the internal temperature should be 145°F (63°C).

Step 4: Cook the Rice

About 30 minutes before serving, cook the rice. Rinse it under cold water to remove excess starch, then simmer it in chicken broth for extra flavor.

Step 5: Slice, Serve, and Enjoy

Remove the pork tenderloin from the crockpot and slice into medallions. Serve over a bed of rice, adding any vegetables you've prepared on the side. Spoon over extra hoisin sauce from the crockpot for added flavor, and garnish with chopped scallions and sesame seeds.

Easy Variations

Teriyaki Pork Tenderloin and Rice in the Slow Cooker

Swap the hoisin sauce for teriyaki sauce, and add pineapple chunks to the mix for a sweet and tangy twist.

Transforming Pork Tenderloin into Pulled Pork with Rice

Shred the cooked pork directly in the crockpot and mix it thoroughly with the sauce. Serve over rice for an easy pulled pork bowl.

How to Pair Pork Tenderloin with Brown Rice for a Nutritious Dish

For a healthier option with more fiber, swap white rice for brown rice. Use chicken broth or white wine to flavor the rice while it cooks, and add steamed vegetables for a well-rounded meal.

Tips for Cooking Pork Tenderloin with Rice and Gravy



in the Oven

Not a fan of slow cookers? This is just as easy to do in the oven:

- Preheat the oven to 375°F (190°C).
- Sear the pork tenderloin in a skillet before transferring it to a baking dish with the sauce.
- Add broth directly to the dish for a built-in gravy. Wrap with foil and bake for 25 to 30 minutes.
- Cook the rice on the stovetop while the pork cooks, then serve together with a drizzle of gravy.

Quick and Tasty Pork Loin and Rice Recipes

1. One-Pot Pork Loin and Rice

This recipe is perfect for busy nights when you want a quick and delicious meal without extra cleanup.

- **Step 1:** Heat a large skillet or Dutch oven over medium-high heat. Add a tablespoon of olive oil and sear a seasoned pork loin on all sides until golden brown.
- **Step 2:** Remove the pork and set it aside. Add diced onions, garlic, and a cup of uncooked rice to the same pan, stirring until fragrant.
- **Step 3:** Pour in 2 cups of broth (chicken or vegetable), scraping the bottom of the pan to deglaze it.
- **Step 4:** Place the pork loin back in the skillet, cover, and simmer for 20-25 minutes until the rice is tender and the pork is fully cooked.
- **Step 5:** Slice the pork, fluff the rice, and garnish with fresh parsley or green onions before serving.

2. Pork Loin Fried Rice

A great way to use leftover pork loin is by transforming it into flavorful fried rice in just a few easy steps.

- **Step 1:** Heat a wok or large frying pan over medium-high heat. Add a splash of oil and cook scrambled eggs, setting them aside once done.
- **Step 2:** Add diced pork loin, diced carrots, peas, and chopped onions to the pan,



cooking until heated through.

- **Step 3:** Stir in 2-3 cups of cooked rice, soy sauce, sesame oil, and a pinch of black pepper. Mix everything well, ensuring the rice is evenly coated with the sauce.
- **Step 4:** Add the scrambled eggs back into the pan and toss to combine.
- **Step 5:** Garnish with chopped green onions or toasted sesame seeds for added flavor and serve hot.

Conclusion

Pork loin is an incredibly versatile ingredient that can be transformed into a variety of delicious and satisfying meals. Whether you're preparing it as a centerpiece for a [family dinner](#) or repurposing leftovers into quick and tasty dishes like fried rice, its mild flavor and tender texture make it a favorite in the kitchen. With just a few simple ingredients and steps, you can create memorable meals that will please everyone at the table. Experiment with these ideas and enjoy the endless possibilities pork loin has to offer!

FAQs

1. How should I store leftover pork loin?

Leftover pork loin should be stored in an airtight container in the refrigerator within two hours of cooking. It can be safely refrigerated for up to 3-4 days. Make sure to reheat thoroughly before consuming.

2. Can I substitute pork loin for pork tenderloin in recipes?

While both cuts of pork come from the same part of the animal, pork loin and pork tenderloin are different in size and texture. Pork loin is larger and better suited for roasting, while pork tenderloin is leaner and cooks much faster. Be sure to adjust cooking times and methods if substituting one for the other.

3. What's the best way to ensure my pork loin stays tender?

To keep pork loin tender, avoid overcooking it. Use a meat thermometer to check that the internal temperature reaches 145°F (63°C), followed by a 3-minute rest before slicing. Marinating the pork or cooking it in a moist-heat method, such as braising, can also help retain its tenderness.

4. Are there gluten-free options for pork loin recipes?



Absolutely! Substitute gluten-containing sauces like soy sauce with gluten-free versions or use other alternatives, such as tamari or coconut aminos. Ensure any other ingredients are certified gluten-free to meet dietary needs.

5. Can I use leftover pork loin in cold dishes?

Yes, leftover pork loin works great in cold dishes like salads, sandwiches, and wraps. Thinly slice or shred the meat and pair it with fresh vegetables, dressings, and bread or accompaniments of your choice for a delicious and refreshing meal.