

Banh Mi Sliders

Source: DietsInReview.com

Ingredients:

- 2 lb pork tenderloin
- 2 apples
- 16 oz. low-sodium vegetable broth
- 2 bay leaves
- 1 tsp. coriander
- 1 tsp. ground thyme
- 1 tsp. dried basil
- 1 tsp. turmeric
- 1 tsp. garlic
- 1 large carrot
- 1 English cucumber
- fresh ginger root
- 1 small bunch cilantro, chopped
- 1 serrano pepper, minced
- juice of half a lime
- 24 whole wheat slider buns or dinner rolls
- 1 1/2 cups apple cider
- 1/4 cup honey

Directions

1. Combine all of the spices and thoroughly rub the pork tenderloin. Place in a Crock Pot with chopped apples and a few pieces of ginger root and pour in the broth. Set to high and cook 3-4 hours.
2. Prepare the vegetable topping by chopping the carrot and cucumber julienne style (like long, thin matchsticks). Zest or grate the remaining ginger root; you'll want about 1-2 tsp. Roughly chop the cilantro and mince the serrano pepper (remove the seeds before chopping to remove the heat but keep the flavor). This can be done a few hours in advance and sealed in an air-tight container or baggy and refrigerated.
3. Just before serving, prepare the apple cider reduction. Over high heat pour the cider in to a pot on the stove top. Stir frequently. When the cider has mostly reduced, after 8-10 minutes, reduce the heat slightly and add the honey. Stir until a thick syrup has formed (keep warm until ready to use). Remove the pork tenderloin from the Crock Pot. It should be tender and juicy. Shred the meat by hand or using two forks.
4. Spread each slider bun with the apple cider reduction. Evenly divide the meat and vegetables across all 24 buns.