

SAUCES & DIPS

Herbed Pork Roast and Creamy Mushroom Gravy

19 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	15 min	70 min	8	\$1.99	246 kcal



Herbed Pork Roast and Creamy Mushroom Gravy takes around 1 hour and 25 minutes from beginning to end. This recipe serves 8 and costs \$1.99 per serving. One serving contains 246 calories, 36g of protein, and 8g of fat. Only a few people made this recipe, and 1 would say it hit the spot.

Ingredients

- ☐ 2½ pounds boneless pork loin roast
- ☐ 21½ ounce 98 percent fat-free cream of mushroom soup
canned
- ☐ 1 teaspoon minced fresh parsley leaves, or 1/4 teaspoon parsley flakes
- ☐ 1 teaspoon minced fresh rosemary leaves, or 1/4 teaspoon dried rosemary

☐ 1 teaspoon minced fresh thyme leaves, or 1/4
teaspoon dried thyme leaves

☐ 1 tablespoon minced garlic

☐ 1 cup skim milk

EQUIPMENT Oven, Roasting pan

Method

- 1 Preheat oven to 325 degrees F.
- 2 Mix together rosemary, parsley, thyme and garlic.
- 3 Cut small slits over surface of roast and insert herb mixture into slits.
- 4 Place in a roasting pan. Roast until the internal temperature is 165 degrees F.
- 5 Remove roast from pan and let stand 10 minutes. Stir soup into pan drippings in roasting pan and heat over a medium flame. Gradually stir in skim milk. Continue to stir until mixture boils. Slice pork and serve with gravy.

Nutrition per serving

246
KCAL

36 g
PROTEIN

8 g
FAT

6 g
CARBS

Saturated Fat	2.7 g · 17% of daily needs
Sugar	1.6 g · 2% of daily needs
Sodium	622 mg · 27% of daily needs
Cholesterol	94 mg · 31% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/herbed-pork-roast-and-creamy-mushroom-gravy-143801](https://www.whatsheate.com/herbed-pork-roast-and-creamy-mushroom-gravy-143801)