

Pork Roast with Fruit Sauce

A perfect combo in the slow cooker!



Level: Easy

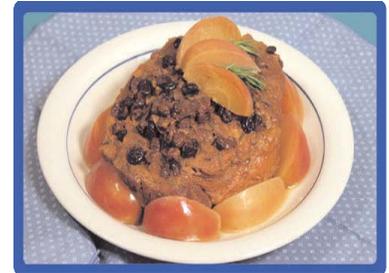
Serves: 12

Kids' Tool Kit

Slow cooker
Cooking spray
Cutting board
Sharp knife
Measuring spoons
Measuring cups
Thermometer

Ingredients:

- 1 pork shoulder roast (4 to 5 pounds)
- ¼ teaspoon ground black pepper
- ½ teaspoon dried rosemary
- 2 cooking apples
- ½ cup raisins
- ½ cup apple juice



Directions:

Remember to wash your hands!

Chef's Choice

Pork Roast with
Fruit Sauce
Sweet potatoes
Green peas
Low fat milk

1. Lightly spray slow cooker with cooking spray.
2. Place roast in slow cooker and sprinkle with pepper and rosemary. Wash hands again after touching raw meat.
3. Wash, core and slice apples, then place slices in slow cooker on meat. Add raisins and apple juice.
4. Place cover on slow cooker and cook 8 to 10 hours on low setting or 4-5 hours on high.
5. Remove roast from the slow cooker and slice into portions. Spoon fruit sauce over roast to serve.



Helpful Hints: Using a slow cooker is an easy way to serve tender meat with very little prep time. The meat cooks slowly while you are away, and it's ready when you come home. Add a vegetable or salad to the meal, and you're ready to eat!

Nutrition Facts

Serving Size 1/12th of roast (191g)
Servings Per Container 12

Amount Per Serving

Calories 380 Calories from Fat 170

% Daily Value*

Total Fat 19g 29%

Saturated Fat 7g 33%

Cholesterol 145mg 48%

Sodium 125mg 5%

Total Carbohydrate 10g 3%

Dietary Fiber less than 1g 3%

Sugars 8g

Protein 41g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Rosemary is a Mediterranean herb with a strong, aromatic flavor. It is used to season meat, poultry and vegetables. Dried rosemary leaves are found with other seasonings at the grocery store and should be stored away from light, heat and moisture. Use within one year for the best flavor. Crush dried rosemary in the palm of your hand to release its flavor.

For variations on this recipe, try using dried apples or apricots instead of the fresh apples. If using fresh herbs instead of dried, use 3 times as much.



Safety Tips: Always check the internal temperature of the pork to be sure it is cooked thoroughly to 160 degrees. Insert thermometer into the thickest part of the roast until the gauge stops moving for an accurate reading.

When taking the lid off the slow cooker, lift lid up and away from you to avoid a steam burn.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.