

Pork Roast with Fruit Sauce

A perfect combo in the slow cooker!

6 servings

Ingredients:

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

Directions: 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.

Nutrition Facts: 1/6th of roast provides 760 calories, 38g total fat, 285mg cholesterol, 250mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

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

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