

Slow-Cooker Herbed Balsamic Pork Roast

<http://cafejohnsonia.com/2013/01/slow-cooker-herbed-balsamic-pork-roast.html>

Ingredients:

One, 3-5 pound pork roast (shoulder or loin are great)
1 cup balsamic vinegar
1/4 cup honey
2 teaspoons dried rosemary
3-4 sprigs fresh thyme, or 1/2 teaspoon dried thyme
2 bay leaves
2 teaspoons sea salt
1/4 teaspoon ground black pepper



Instructions:

1. Spray crockpot with non-stick cooking spray
2. Place pork roast in crockpot
3. Mix remaining ingredients
4. Pour over pork roast
5. Cook on low for 6-8 hours, or high for 4-6 hours, depending on the size of the roast.
6. Remove the cooked roast from the crockpot.
7. Cover and keep warm.
8. Pour the accumulated juices and vinegar into a saucepan and bring to a boil. Let it reduce by about half.
9. Slice the roast and pour the sauce over the top and serve.

Note: If you let the roast cook even longer, it will shred easily with a fork and makes delicious sandwiches. Don't reduce the liquid, it will be absorbed into the shredded meat. We've done both ways and like them equally. It's a great thing to make when you're having company for dinner.

Serves 6-10 depending on size of roast

Preparation time: 10min

Total time: 6 hours including cooking time. May take less or more time depending on size of roast and slow cooker settings.

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