

Asian Roast Pork (Slow Cooker)

Debi Geotis

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*3 to 4 pound boneless rolled
pork roast
1/4 cup soy sauce
1 tablespoon ketchup
1/4 cup apricot preserves
2 cloves garlic, crushed*

In a bowl, combine the soy sauce, ketchup, apricot preserves and crushed garlic. Brush all over the roast.

Place the roast in a slow cooker. Pour the remaining sauce over all.

Cover and cook on LOW for at least ten hours (or HIGH for fiive to six hours).

Per Serving (excluding unknown items): 256 Calories; trace Fat (0.9% calories from fat); 5g Protein; 64g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4326mg Sodium. Exchanges: 2 Vegetable; 3 1/2 Other Carbohydrates.