

## **Pork**

---

# **Simply Delicious Pork Roast**

Crock Pot: The Original Slow Cooker Oct 20010

**Servings: 6**

**Cook time: 8 hours**

**1 1/2 pounds boneless pork loin cut into six pieces OR six boneless pork loin chops**

**4 medium Golden Delicious apples, cored and sliced**

**3 tablespoons packed light brown sugar**

**1 teaspoon ground cinnamon**

**1/2 teaspoon salt**

Place pork in slow cooker. Cover with apples.

Combine brown sugar, cinnamon and salt in small bowl; sprinkle over apples. Cover; cook on LOW six to eight hours.

---

Per Serving (excluding unknown items): 66 Calories; trace Fat (2.4% calories from fat); trace Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 184mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.