

## **Slow-Cooker Sweet & Sour Pork**

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**1 1/2 pounds boneless pork loin, cut into 1-inch pieces**  
**1 onion, chopped**  
**3/4 cup Kraft Original Barbecue Sauce**  
**1 can (14 1/2 oz) chicken broth**  
**1 can (8 oz) pineapple chunks in juice, drained**  
**1 green pepper, chopped**  
**2 cups instant white rice, uncooked**

Place the meat in a slow cooker.

Top with the onions.

Add the barbecue sauce and the broth.

Cover with the lid.

Cook on LOW for 6 to 7 hours or on HIGH for 4 hours.

Stir in the pineapple, green pepper and white rice.

Cook, covered, on LOW for 30 minutes or until the rice is tender.

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Per Serving (excluding unknown items): 262 Calories; 2g Fat (6.3% calories from fat); 8g Protein; 57g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 771mg Sodium. Exchanges: 1/2 Lean Meat; 3 Vegetable; 2 1/2 Fruit.