

Slow Cooker Balsamic Pork Roast



This is a perfect recipe for a busy midweek dinner. Spend just a couple of minutes making the marinade and then throw it in the slow cooker to cook while you're at work. If you're like me and are barely functional in the morning, mix it up the night before ☐

I put mine in the slow cooker still frozen since I was going to cook it for so long. Thanks to long work hours, a long commute and sometimes squeezing in a trip to the gym before I get home, my weekday slow cooker meals end up cooking for like 12 hours. In that situation, frozen meat works just fine. If

you are only going to cook it for 8, I would thaw the meat first, and I'm only saying that because my crock pot dinners never only get cooked for 8 hours, so I really have no idea if it would work!

This recipe is from www.skinnytaste.com. It's such a good recipe I hardly changed it at all. The balsamic seasoning means it will go with a lot of different sides. I made sweet potato oven fries and a simple buttered broccoli to go with mine, but I thought an Italian salad and seasoned pasta would taste great, or a risotto too. Or maybe some stir-fried veggies and lo mein noodles. Whatever you've got lying around the house will probably taste great with this.

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- 2 lb boneless pork roast- any type
- salt, to taste
- hot sauce, to taste
- 1/3 cup chicken broth
- 1/3 cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon honey (may substitute maple syrup or brown sugar)

Mix salt, hot sauce, chicken broth, balsamic vinegar, Worcestershire sauce, and honey in a small bowl. Place pork in slow cooker and pour balsamic vinegar mixture over the meat, trying to cover the whole roast. Cover and cook on low for 6-8 hours if starting with thawed meat, 10-12 if meat is frozen. Meat is ready to eat when it shreds easily with a fork. To serve, shred the meat and ladle juice from slow cooker over meat.