



Slow Cooker RECIPES

Delicious Pork recipes that let the slow cooker do all the work!

Pork is versatile, quick to prepare, and comes in a variety of lean, nutritious cuts.

PORK · PORC
MARKETING CANADA



PORK IN THE SLOW COOKER is always tasty and never dry.

Although the cooking might be 'slow', your preparation time is 15 minutes or less for all of these delicious recipes. All you do is fill the slow cooker and come home to a fantastic, ready-to-eat Pork dinner!

Pork is nutrient dense, being rich in important vitamins and minerals such as thiamine, riboflavin, vitamin B12, vitamin B6, iron, zinc, and magnesium. Today, all fresh trimmed pork cuts, except ribs, are extra-lean, with ten common cuts of pork having 6 grams of fat or less per serving!

Based on 100 g raw serving, trimmed, Source: Canadian Nutrient File, 2007b

Root Beer Pulled Pork



NUTRITIONAL INFORMATION (per 1/6 recipe with bun)
Energy 367 kCal, 39 g protein, 37 g carbohydrate, 6 g fat
(1.6 g saturated), 970 mg sodium, 2 g fibre

Yield: Serves 6
Preparation Time: 5 minutes
Cooking Time: 8-10 hours (in slow cooker)

2	PORK tenderloins (about 12 oz/375 g each)
1	Medium onion, chopped
16 fl oz (500 mL)	Bottled root beer (not 'diet')
2 cups (500 mL)	Your favourite barbecue sauce
6	Kaiser or hamburger buns, split and lightly toasted

Place the Pork and onion in a slow cooker. Pour the root beer over the Pork, cover and cook on LOW until well-cooked and the Pork shreds easily, usually 8-10 hours (or 4-5 hours on HIGH).

Drain well and discard extra root beer. Stir in barbecue sauce. Serve on buns, with coleslaw.

Root beer gives an interesting sweet and spicy tang to this Southern-style sandwich.

Sweet & Sour Pork Ribs



NUTRITIONAL INFORMATION (per per 1/6 of recipe)
Energy 933 kCal, 42 g protein, 90 g carbohydrate, 45 g fat
(17.3 g saturated), 642 mg sodium, 1 g fibre.

Yield: Serves 6
Preparation Time: 10 minutes
Cooking Time: 10-12 hours (in slow cooker)

3 lbs (1.4 kg)	PORK side ribs
2 cups (500 mL)	Brown sugar, packed
1/4 cup (50 mL)	All-purpose flour
14 oz (398 mL)	Pineapple tidbits in juice, undrained
2 Tbsp (30 mL)	EACH: soy sauce and ketchup
1/2 cup (125 mL)	White vinegar
1	Garlic clove, minced
1 tsp (5 mL)	Ginger, grated

Cut Pork ribs into 2 to 3 rib sections.

Over medium-high heat, mix together all ingredients (except ribs) in a small saucepan; heat and stir until boiling and thickened.

Layer ribs in a slow cooker, spooning sauce over each layer. Cover and cook on LOW for 10–12 hours or on HIGH for 5-6 hours until ribs are very tender.

(If you want to thicken the sauce after removing the Pork, just pour the juice into a saucepan and add 2 Tbsp/30 mL cornstarch dissolved in 1/4 cup/50 mL water, then bring to a boil.)

Ham & Lentil Soup



NUTRITIONAL INFORMATION (per 1/6 of recipe)
Energy 188 kCal, 18 g protein, 25 g carbohydrate, 3 g fat
(0.8 g saturated), 493 mg sodium, 4.6 g fibre

Yield: Serves 6
Preparation Time: 15 minutes
Cooking Time: 9-10 hours (in a slow cooker)

1/3 lb (175 g)	Cooked HAM, diced (about 3/4 cup)
1 cup (250 mL)	Dried lentils
2	Celery stalks, chopped
2	Carrots, chopped or grated
1	Medium onion, chopped
2	Cloves garlic, minced
1/2 tsp (2 mL)	EACH: dried basil and dried oregano
1/4 tsp (1 mL)	EACH: dried thyme and black pepper
32 fl oz (1 L)	Chicken broth, sodium-reduced
1 cup (250 mL)	Water
1/4 cup (50 mL)	Tomato sauce

Combine all ingredients in slow cooker and stir to mix. Cover and cook on LOW for 9-10 hours (or 4-5 hours on HIGH).

Serve with cornmeal muffins or crusty bread.

A great way to use leftover ham!

Thai-Peanut Pork Stew



NUTRITIONAL INFORMATION (per 1/6 of recipe without rice or noodles) Energy 326 kCal, 38 g protein, 9.5 g carb., 15 g fat (4.1 g saturated), 534 mg sodium, 2.4 g fibre

Yield: Serves 6
Preparation Time: 15 minutes
Cooking Time: 8 hours (in a slow cooker)

2 lb (1 kg)	PORK loin or shoulder roast, trimmed
1/2	Red bell pepper, cut into strips
1/4 cup (50 mL)	Ready-to-use teriyaki sauce
2 Tbsp (30 mL)	White wine vinegar
1/2 - 1 tsp (2-5 mL)	Cayenne pepper (depending on how 'hot' you prefer)
2	Garlic cloves, minced
1/4 cup (50 mL)	Creamy peanut butter
1 cup (250 mL)	Frozen green beans, thawed
2 Tbsp (30 mL)	Peanuts, unsalted, chopped

Cut Pork roast into 1-inch (2.5 cm) cubes. Place Pork, red bell pepper strips, teriyaki sauce, vinegar, cayenne pepper, and garlic in slow cooker; stir. Cover and cook on LOW for 7-1/2 hours. Then add peanut butter and green beans, and stir until well-blended. Cook for an additional 1/2 hour on HIGH.

Serve over hot cooked rice or rice noodles. Top with chopped peanuts.

Slow Cooker Pork Roast & Gravy



NUTRITIONAL INFORMATION (per 1/8 of recipe)

Energy 289 kCal, 38 g protein, 6 g carbohydrate, 11 g fat
(3.7 g saturated), 725 mg sodium, 0 g fibre

Yield: Serves 8
Preparation Time: 10 minutes
Cooking Time: 7-8 hours (in slow cooker)

2-1/2 lb (1-1/4 kg)	PORK roast, trimmed
1 (1-1/2 oz/40 g)	Package dry onion soup mix
1-10 fl oz (284 mL)	Can condensed cream of chicken soup
1 cup (250 mL)	Water

In a large skillet, lightly brown Pork roast on all sides. Transfer roast to a slow cooker. Meanwhile, in a small bowl, combine onion soup mix, cream soup, and water; stir well and pour over Pork. Cover and cook 7-8 hours on LOW until tender.

Serve with mashed potatoes and seasonal vegetables.

Preparing an impressive Pork roast, complete with 'no-fail' gravy, is easy when you use this recipe and your slow cooker.

Tips for Using the Slow Cooker

- Do not put frozen meat in the slow cooker. Use fresh meat or meat that has been thawed in the refrigerator or microwave only.
- Only fill the slow cooker one-half to two-thirds full. The foods will not cook properly if the appliance is filled to the brim. If the food and liquid level is lower, the foods will cook too quickly.
- During cooking, do not lift the lid to stir as the heat will escape and cooking time will need to be increased. To check the progress without lifting the lid, spin the cover until the condensation falls off and peek inside.
- After cooking, if the sauce needs thickening, you can remove the lid and cook on HIGH for another half-hour.
- One hour on HIGH is equal to two hours on LOW.

PORK, A HEALTHY CHOICE



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