

# Recipe of the Month – November 2023

## Slow Cooker Pork Roast

Serves: Varies

Serving Size: 3 ounces

Cost per Serving: \$1.25

### Ingredients:

Juice of one orange

Juice of one lime

2 teaspoons garlic powder

1 teaspoon cumin

1 teaspoon salt

1 teaspoon ground black pepper

1/2 water

1-3 pound pork roast (recipe nutrition was analyzed using a 3 pound pork loin roast)

1 onion, sliced



### Directions:

1. Stir the orange juice, lime juice, garlic powder, cumin, salt, ground black pepper, and water together in a small bowl.
2. Spray a slow cooker with nonstick cooking spray.
3. Cut the pork roast into large chunks ( about 3 inches by 3 inches). Place in bottom of slow cooker.
4. Pour juice mixture over the pork. Top with onion slices.
5. Cook on low for 6-8 hours. Pork should be cooked to a minimum temperature of 145F.
6. Shred the pork with a fork and serve.

### Tips:

- The orange and the lime will release their juices easily when warm. Heat in the microwave for 10-15 seconds, cut in half, and squeeze the juice out.
- Choose the size of pork roast that meets your needs. One pound of raw pork roast will yield about three servings once cooked.
- Remove fat and discard during step 6 when shredding the cooked pork if using a shoulder or picnic roast.

**Nutrition Facts per Serving:** 200 calories, 6g total Fat (2g sat. fat),

90mg. Cholesterol, 360mg Sodium, 4g Carbohydrates, 0g Fiber, 1g Sugar, 33g Protein

*Recipe compliments of Iowa State University Extension and  
Outreach: Healthy & Homemade 2023 Nutrition & Fitness Calendar*



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Clermont County Extension**

1000 Locust Street, PO Box 670

Owensville, OH 45160

Phone: 513-732-7070