

Slow Cooker Orange Pork Roast

3# lean pork shoulder roast
1 onion, chopped
6 oz frozen 100% orange juice concentrate
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons flour
2 tablespoons cold water

Place chopped onion in the bottom of slow cooker. Sprinkle salt and pepper on roast and place on top of onions. Add orange juice concentrate. Cover and cook on high for 3 hours then reduce heat to low and cook for another 3 hours.

Remove roast and onions from slow cooker and place in a warm oven. Skim fat from the juices remaining in the slow cooker. Mix the flour and water together in a shaker cup and add to the slow cooker. Turn to high and stir until thickened. Serve with roast and onions. Makes 8 servings.

Nutrition information per serving: 360 calories, 36 grams protein, 19 grams fat, 11 grams carbohydrate, 336 mg sodium