

cranberry apple pork roast

MAKES 8 servings

COOK TIME: 6-8 hours

1 boneless rolled pork loin roast (2½-3 pounds)
2 cloves garlic, minced
1 can (16oz) whole cranberry sauce
2 apples, peeled, cored and cut into cubes
½ cup cranberry juice
⅛ tsp ground cloves
1 Tbsp Dijon mustard
Salt, to taste

RUB pork with garlic and place in slow cooker.

MIX cranberry sauce, apples, cranberry juice, mustard and cloves in a medium bowl.

POUR over pork.

COVER and cook on LOW 6-8 hours or until meat is tender and done (165°F).

REMOVE and keep warm.

SEASON with salt, to taste.

MAKE IT A MEAL: serve with a nutrient dense carbohydrate and non-starchy vegetable.