

A CenFully Good Recipe from



Cranberry Apricot Pork Roast

Prep Time: 10 minutes

Cooking Time: 7-9 hours

Ingredients

1 can (16 oz.) whole-berry cranberry sauce
½ cup quartered dried apricots
½ tsp grated orange peel
¼ cup fresh orange juice
1 large shallot, chopped (1/3 cup)
2 tsp cider vinegar
1 tsp dry mustard
1 tsp salt
1 tsp grated fresh ginger
2 lb. boneless pork loin roast, well trimmed
Snipped chives (garnish)

Instructions

1. Mix cranberry sauce, apricots, orange peel and juice, shallot, vinegar, mustard, salt, and ginger in 4-quart or larger slow cooker.
2. Add pork and spoon some of cranberry mixture on top.
3. Cover and cook on low 7 to 9 hours or until pork is tender.
4. Remove pork to cutting board.
5. Spoon off any fat from top of cranberry mixture in slow cooker.
6. Slice pork into 6 thick slices.
7. Serve topped with sauce.
8. Garnish with chives, if desired.

Nutrition Information (Per Serving)

450 calories, 32g protein, 39g carbohydrates, 2g fiber, 18g fat, 6g saturated fat, 90mg cholesterol, 470mg sodium