
Slow Cooker Ham `N Cola

Sue Frendreis

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1/2 cup brown sugar

1 teaspoon dry mustard

1 teaspoon prepared horseradish

1/4 cup classic Coke (not diet)

3 to 4 pound precooked ham

In a bowl, combine the brown sugar, mustard and horseradish. Moisten with just enough Coke to make a smooth paste. Reserve the remaining Coke.

Rub the ham with the paste mixture.

Place the ham in a slow cooker and add the reserved Coke.

Cover and cook on LOW for six to ten hours or on HIGH for two to three hours.

Pork

Per Serving (excluding unknown items): 282 Calories; trace Fat (1.4% calories from fat); trace Protein; 71g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 4 1/2 Other Carbohydrates.