

Asian Roast Pork

Kendall White

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*3 to 4 pound boneless rolled
pork*

1/4 cup soy sauce

1/4 cup orange marmalade

1 tablespoon ketchup

1 clove garlic (to taste)

In a bowl, combine the soy sauce, marmalade (or apricot preserves), ketchup and crushed garlic. Brush all over the roast.

Place the roast in a slow cooker. Pour the remaining sauce over the top.

Cover and cook on LOW for ten hours (or on HIGH for five to six hours).

Per Serving (excluding unknown items): 251 Calories; trace Fat (0.4% calories from fat); 4g Protein; 63g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 4337mg Sodium. Exchanges: 1 1/2 Vegetable; 4 Other Carbohydrates.