

Sweet and Hot Slow Cooker Pork

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Servings: 8

*2 cans chipotle chile
peppers in adobo sauce,
chopped
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1/2 teaspoon smoked
paprika
1 (2-1/2 to 3 pound)
boneless pork shoulder
roast
3 medium sweet potatoes,
peeled and cut into one-inch
cubes
1 large onion, chopped
1 can (21 ounce) apple pie
filling
3 tablespoons all-purpose
flour*

Lightly coat a five- to six-quart slow cooker with nonstick cooking spray.

In a small bowl, combine the chipotles, salt, pepper and paprika. Rub the mixture over the pork. Place the pork in the slow cooker. Top with the sweet potatoes, onion and pie filling. Cover.

Cook on LOW heat for six to eight hours or on HIGH for three to four hours.

Remove the pork and apple mixture from the slow cooker. Cover with foil. Let stand for 10 minutes.

Transfer the cooking liquid to a medium saucepan. Stir together 1/4 cup of the water and 3 tablespoons of flour. Add to the saucepan. Cook over medium-high heat until the mixture is thickened and bubbly. Cook and stir 1 minute more.

Slice the pork. Serve with the apple mixture and thickened sauce.

Per Serving (excluding unknown items): 135 Calories; trace Fat (1.7% calories from fat); 1g Protein; 33g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 170mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fat; 1 Other Carbohydrates.