



# Crock-Pot Balsamic Pork Roast

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Recipe Source: [www.skinnytaste.com](http://www.skinnytaste.com)

## Ingredients:

2 pound boneless pork shoulder roast (sirloin roast)  
Kosher salt, to taste  
½ tsp garlic powder  
½ tsp red pepper flakes  
½ cup low sodium chicken or vegetable broth  
½ cup balsamic vinegar  
1 TBSP Worcestershire Sauce  
1 TBSP honey

## Steps:

- Season the pork with salt, garlic powder and red pepper flakes and place it in the slow cooker.
- Mix together the broth, vinegar and Worcestershire sauce and pour it over the pork, then pour the honey over and set the timer for 4 hours on high or 6-8 hours on low.
- Once the pork is cooked and tender (it should shred easily with a fork), remove from the slow cooker with tongs into a serving dish.
- Break apart lightly with two forks and put back in the slow cooker and ladle ½ cup sauce over the pork and keep warm until ready to eat.

*Tips from the Test Kitchen: Try adding sliced onions for extra flavor.*

**Nutritional Facts:** per serving Calories: 286, Carbohydrates: 6 grams, Protein: 31 grams, Total Fat: 14 grams, Saturated Fat: 5 grams, Cholesterol: 108 mg, Sodium: 120 mg, Fiber: 0 grams, Total Sugars: 5 grams.