



CROCK POT PORK ROAST

There is nothing more comforting than a roast dinner in the winter months. As far as cuts of pork, you can use anything from a lean pork loin to the more common roast cuts like a shoulder or a butt. Whichever cut of meat you use, it will have tons of flavor from cooking in the broth and will be so tender from cooking low and slow for hours so you really can't go wrong.

INGREDIENTS

- 5-6 Lb. Pork Shoulder, Pork Loin, or Pork Butt
- 10 carrots, peeled and cut in half
- 2 C mushrooms (baby bella or button work great here)
- 1 onion, quartered
- 6 garlic cloves, smashed
- 4 celery stalks, cut in half
- 3-4 C vegetable or chicken stock
- 2 T salt
- 2 T black pepper
- 1 T avocado oil
- 6 sprigs of fresh thyme or 1 tsp. dried thyme
- 1 bay leaf



INSTRUCTIONS

1. Season both sides of the pork shoulder with half of the salt and half of the pepper and rub into the pork.
2. Heat a large skillet over medium high heat and add avocado oil. Add pork when skillet is hot and brown on all sides, about 5 minutes per side until a nice color has formed.
3. While the pork is browning, add half of the vegetables to the bottom of the slow cooker.
4. Place browned pork on top of the vegetables and then place the remaining vegetables on top and around the pork.
5. Season with the rest of the salt and pepper and then add thyme and bay leaf.
6. Pour stock into the slow cooker and fill it about halfway up the pork and veggies.
7. Cover and cook on low for 8-10 hours until meat is fall apart tender.
8. Shred pork and serve with the cooked carrots and mushrooms and a side of steamed green beans if desired.

Note: You can add red potatoes to the slow cooker as well or sub any other hearty vegetables that you prefer.