

# GINGER AND APPLE SLOW COOKED PORK

## INGREDIENTS

- 1 pork loin roast (2 lb)**
- 1 tablespoon ginger powder**
- 1/2 tablespoon garlic powder**
- 1/2 tablespoon paprika**
- 1 cup celery, chopped**
- 2 cups yellow onion, sliced**
- 3/4 cup carrots, sliced**
- 2 bay leaves**
- 1/2 cup white wine or dry vermouth**
- 1/2 cup apple juice concentrate**
- 1/4 cup cider or white wine vinegar**
- 2 medium apples, peeled and sliced into thick wedges**

## SUGGESTION

*Enjoy leftovers which make great cold cuts for sandwiches and salads!*



**PREPARATION: 20 MINUTES**

**COOKING: 3 1/2 – 6 HOURS**

**MARINADE OVER NIGHT**

**8 SERVINGS**

## Nutrient Analysis

**PER SERVING**  
(1/8 of recipe)

**Renal exchange:**  
3 Protein + 2 Vegetable

Calories	<b>296Kcal</b>
Protein	<b>24g</b>
Carbohydrates	<b>11g</b>
Fibre	<b>2g</b>
Total Fat	<b>15g</b>
Saturated Fat	<b>6g</b>
Cholesterol	<b>68mg</b>
Sodium	<b>101mg</b>
Potassium	<b>584mg</b>
Phosphorus	<b>245mg</b>

## PREPARATION

- 1** Rub pork with ginger, garlic and paprika and place in a slow cooker or ovenproof dish.
- 2** Place the vegetables around the pork with the bay leaves.
- 3** Whisk wine and apple juice and vinegar together and drizzle over pork.
- 4** Cover and let stand overnight in fridge.
- 5** Prepare apples and add them to the pot.
- 6** If using a slow cooker\*, choose high heat and cook for 6 hours. If using conventional oven, cover the roast and bake at 300° F for 3 1/2 hours.

Sprinkle with fresh parsley and serve with steamed rice.

*\* Cooking times may vary depending on the make of the slow cooker.*