



# Sweet n' Sour Pork Roast

Prep: 5 minutes | Cook: 4-5 hours | Total: 4-5 hours and 5 minutes

Yield: 6 servings | Serving Size: 1/6<sup>th</sup> of the recipe

## Ingredients

- 1 (~2-pound) pork loin
- 1/2 cup brown sugar, packed
- 1/2 cup apple juice
- 1/4 cup apple cider vinegar
- 2 tablespoons reduced-sodium (lite) soy sauce
- 2 pounds (32 ounces) frozen mixed vegetables, oriental or stir-fry style
- 1 (8-ounce) package ready microwavable whole-grain rice (e.g. brown rice)

## Directions

1. Place the pork loin into the bottom of a slow cooker.
2. In a mixing bowl, make a glaze by combining the brown sugar, apple juice, vinegar, and soy sauce.
3. Pour the glaze mixture over the pork loin.
4. Cover the slow cooker with a lid.
5. Cook on low for 4-5 hours or until fully cooked, adding the vegetables and rice when there is 30 minutes left in the total cooking time.
6. Serve warm.

## Recipe Notes

- Can't find a 2-pound pork loin? Substitute with a 2-pound tenderloin or 2 pounds of boneless pork chops.

**Nutrition Facts Per Serving: Calories: 575 | Total Fat: 15.5 g | Saturated Fat: 5.5 g  
Sodium: 345 mg | Total Carbohydrate: 56 g | Dietary Fiber: 7.5 g | Protein: 50 g**

Inspired by a recipe submitted by Georgia Janssen RDN, Iowa City VAMC  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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