

Iron Range Pot Roast - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 480 minutes cook

Ingredients:

3 pound boneless pork shoulder roast, (Boston Butt)

2 teaspoon Italian seasoning

1 teaspoon fennel seed, crushed

1 teaspoon salt

1/2 teaspoon celery seed

1/2 teaspoon ground black pepper

2 large potatoes, peeled and cut into 3/4-inch slices

4 cloves garlic, peeled and sliced

3/4 cup beef broth, (or water)



Cooking Directions:

Mix together seasonings and rub over all surfaces of pork roast. Brown roast in a little oil in large skillet over medium-high heat, turning often to brown evenly. Place potatoes and garlic in 3 1/2-4 quart slow cooker, pour broth over and top with browned pork roast. Cover and cook on Low for 8-9 hours, until pork is very tender. Slice pork to serve with vegetables and juices.

Serves 6-8

Nutrition:

Calories: 380 calories

Protein: 34 grams

Fat: 17 grams

Sodium: 520 milligrams



Cholesterol: 115 milligrams

Saturated Fat: 6 grams

Carbohydrates: 20 grams

Fiber: 2 grams

