



EVERYTHING
Herbal

— by Cheryl Jabz —

Herbs. Health. Healing. Naturally.

Slow Cooker PORK ROAST

TENDER & FLAVORFUL

A pork roast becomes juicy and fork-tender in the slow cooker. Best cuts: pork shoulder / Boston butt / pork loin roast (shoulder is most tender).



SLOW COOKED
TO PERFECTION
*Full of Flavor
& Love*



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INGREDIENTS:

- 3–4 lb pork roast
- 1 onion, sliced
- 4 garlic cloves, smashed
- 1 cup chicken broth or broth
- 1 tbsp olive oil

SHRED OR SLICE:

Shoulder roast = shred easily.
Pork loin = slice carefully

OPTIONAL ADD-INS:

(Add during cooking)
Baby potatoes • Carrots • Celery

FLAVOR VARIATIONS:

- **BBQ Pulled Pork:** Add 1 cup BBQ sauce last hour.
- **Garlic Herb Roast:** Extra rosemary & thyme & butter.
- **Sweet Savory:** Add apples + onions.

PRO TIP:

If using pork loin, use less time (6–7 hrs LOW) so it doesn't dry out.

SERVE WITH:



Mashed Potatoes



Rice



Roasted Veggies



Sandwich Buns



Cabbage Slaw

BEST HERBS & SEASONING

- 1 tsp rosemary ~ 1 tsp thyme ~ 1 tsp sage
- 1 tsp paprika ~ 1 tsp garlic powder
- 1 tsp onion powder ~ Salt & black pepper

INSTRUCTIONS:



1. Rub pork roast with olive oil, then coat with herbs and seasonings.



2. Place onions and garlic on the bottom of the slow cooker. Set roast on top of onions.



3. Pour broth around the sides. Do not wash off seasoning.



4. Cook: LOW: 8–10 hours (best) or HIGH: 5–6 hours until tender.



5. Shred or slice and serve with your favorite sides. Enjoy!

Cheryl Jabz

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