

# Bubbie's EVERYTHING HERBAL

by Cheryl Jabz



Cooking with  
Herbs for  
Health, Flavor  
& Tradition.



# Bubbie's SLOW COOKER PORK ROAST



Tender, juicy, and full of flavor! This herb-seasoned pork roast cooks low and slow to perfection for an easy, comforting meal the whole family will love.



## INGREDIENTS:

- 3 to 4 lb pork shoulder roast
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 tbsp Dijon mustard
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp onion powder
- 1 tsp garlic powder
- 1½ tsp salt (or to taste)
- ½ tsp black pepper
- 1 cup low-sodium chicken broth
- 1 large onion, sliced
- 2-3 carrots, cut into chunks
- 2-3 potatoes, quartered (optional)
- Fresh parsley, for garnish (optional)

## INSTRUCTIONS:

- 1 Pat pork roast dry and rub all over with olive oil.
- 2 In a small bowl, mix garlic, Dijon mustard, rosemary, thyme, oregano, onion powder, garlic powder, salt, and pepper.
- 3 Rub seasoning mixture evenly over the pork roast.
- 4 Place onion slices in the bottom of the slow cooker.
- 5 Place roast on top of onions. Add chicken broth around the sides (not over the top).
- 6 Cover and cook on LOW for 8-10 hours or on HIGH for 4-6 hours, until pork is tender and easily shreds with a fork.
- 7 Add carrots and potatoes (if using) during the last 2-3 hours of cooking.
- 8 Remove pork and let rest for 10 minutes. Shred or slice. Serve with vegetables and cooking juices.

## BENEFITS



Pork is a great source of protein, B vitamins, and zinc.



Herbs add flavor and antioxidants naturally.



Slow cooking keeps meat tender and locks in nutrients.



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to yours ♥