

Pork Loin Crock Pot Meal

Ingredients:

2-3 pound pork loin (NOT tenderloin- just loin)

1 medium- large butternut squash OR 2-3 sweet potatoes

2-3 small pears

1/2 large onion (or 1 medium works)

14 oz Chicken Broth (I had to use a can but will be making my own in the near future)

2 Tbsp honey OR maple syrup

2 Turkish Bay Leaves

Salt & pepper to taste

Directions:

Peel and cube butternut squash/ sweet potatoes.

Peel and cube pears.

Cut onion.

Place pork loin in the crock pot and season with salt and pepper ALL OVER to your liking.

Put squash/ sweet potatoes and pears around pork loin.

Also put cut onion around pork loin.

Sprinkle everything with a bit more salt and/or pepper.

Drizzle 2 Tbsp honey over the top of the pork loin.

Place 2 bay leaves on top of pork loin.

Set crock pot for 6-8 hours on low and walk away! (I have made this twice and set it for 8 hours but it is fully cooked and tender around 6 or 6.5 hours.)

Ingredients

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Pork Loin – Cooked – 48 oz	2,640	96	108	312	6,120	72
Squash - Butternut, cooked, baked, without salt, 1.5 cup, cubes	123	32	0	3	12	6
Fruit - Pear 2-3 Medium	162	42	0	1	2	20
Swanson - Natural Goodness 100% Fat Free 33% Less Sodium Chicken Broth, 2 cup (240 mL)	30	2	0	4	1,140	2
Honey, 2 tbsp	128	35	0	0	2	34

Total:	3,083	207	108	320	7,276	134
Per Serving:	440	30	15	46	1039	19