

Slow Cooker Sweet-and-Sour Pork Recipe



-
- **TOTAL TIME:** Prep: 15 min. Cook: 6-1/4 hours **YIELD:** 4 servings

Ingredients

- 1/2 cup sugar
 - 1/2 cup packed brown sugar
 - 1/2 cup chicken broth
 - 1/3 cup white vinegar
 - 3 tablespoons lemon juice
 - 3 tablespoons reduced-sodium soy sauce
 - 3 tablespoons tomato paste
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon ground ginger
 - 1/4 teaspoon pepper
 - 1-1/2 pounds boneless pork loin chops, cut into 1-inch cubes
 - 1 large onion, cut into 1-inch pieces
 - 1 large green pepper, cut into 1-inch pieces
 - 1 can (8 ounces) pineapple chunks, drained
 - **ADDITIONAL INGREDIENTS:**
 - 3 tablespoons cornstarch
 - 1/3 cup chicken broth
-
- Hot cooked rice

Directions

- **1.** In a 3- or 4-qt. slow cooker, mix the first 10 ingredients. Stir in pork, onion, green pepper and pineapple. Cook, covered, on low 6-8 hours or until pork is tender.
-
- **2.** In a small bowl, mix cornstarch and broth until smooth; gradually stir into cooking juices. Cook, covered, on low 15-20 minutes longer or until sauce is thickened. Serve with rice.
To make ahead: In a large resealable plastic freezer bag, combine the first 10 ingredients. Add pork, onion, green pepper and pineapple; seal bag, turn to coat, then freeze. To use, place filled freezer bag in refrigerator 48 hours or until contents are completely thawed. Cook as directed. **Yield:** 4 servings.

Nutritional Facts

1-1/3 cups (calculated without rice): 531 calories, 10g fat (4g saturated fat), 83mg cholesterol, 705mg sodium, 75g carbohydrate (63g sugars, 2g fiber), 35g protein.