



Ingredients



Pork & Potatoes
3 pounds boneless pork loin roast
Half a teaspoon of salt
1 tablespoon vegetable oil
Two medium carrots, peeled and cut diagonally
into 1 inch pieces
1 pound Yukon Gold potatoes, cut into 2 inch
chunks (about three medium)
One and a half cups of chicken broth
3 tablespoons herb and onion slow cooker
seasoning
Optional: chopped parsley
Gravy
4 teaspoons cornstarch
2 tablespoons water

Herb & Onion Pork Roast

MOM
fueling
HUNGRY
BOYS

Instructions

- Preheat the oven to 350°F. (You can make this recipe in a slow cooker. Skip step one and follow step two. Placed everything except the gravy ingredients in a slow cooker. Cook on high for four hours or low for eight hours. For the gravy, follow step five.
- Pat the pork loin dry with a paper towel. Season on all sides with the salt. He oil in a Dutch oven over medium heat for five minutes; add the pork and cook on all sides until golden brown, about five minutes. Turn the fat side up in the pan and remove from the heat.
- Top with the carrots and potatoes. Combined the chicken broth with the urban onion slow cooker seasoning; pour over vegetables.
- Cover and bake until the pork reaches 145°F, about 30 to 35 minutes. Transferred to a platter
- To make the gravy, place the Dutch oven on the stove top. Bring the leftover liquid to a boy a while whisking. Combined the cornstarch and water in a bowl; add to the Dutch oven and whisk. Cook until thickened, about one minute.
- Slice of pork and serve with the vegetables and gravy. Top with chopped parsley, if you like.
Easy change ups: any potatoes will work in this recipe, including sweet potatoes.
Chicken version: you can also make this recipe with a whole chicken instead of a pork loin. Just cut into pieces and follow the directions directions listed. You'll want to cook until the chicken reaches 165°F, about 40 to 45 minutes.