

## ONION AND GARLIC PORK ROAST

Recipe by Beverly292

For the crockpot.

READY IN: 6hrs 5mins

SERVES: 4

YIELD: 1 Roast

UNITS: US



### INGREDIENTS

- 2 -3 lbs pork roast
- 1 large sliced onion
- 5 -6 garlic cloves
- 1 (14 ounce) can chicken broth

#### NUTRITION INFO

Serving Size: 1 (374) g  
Servings Per Recipe: 4

AMT. PER SERVING	% DAILY VALUE
<b>Calories: 355.7</b>	
Calories from Fat 108 g	31 %
Total Fat 12.1 g	18 %
Saturated Fat 4.1 g	20 %
Cholesterol 142.9 mg	47 %
Sodium 485.4 mg	20 %

<b>Total Carbohydrate</b> 5.4 g	1 %
Dietary Fiber 0.6 g	2 %
Sugars 1.9 g	7 %
<b>Protein</b> 52.7 g	105 %

## **DIRECTIONS**

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Brown roast in heavy skillet with a little oil. (I always skip this step).

Place sliced onions in bottom of crockpot.

Put roast on top of onions.

Scatter garlic over top.

Pour in chicken broth.

Cook 6-8 hours on low.