

Sauerkraut & Pork Roast

By: Lisa Woodruff at www.lisawoodruffnutrition.com

Prep time: 10 minutes

Cook time: 6-10 hours

Yield: 8-12 servings

No nuts / No fish / No dairy / No eggs / No soy / No sesame*

Ingredients:

- 1 cup sauerkraut
- 2-3 pounds pork loin roast (or beef chuck roast)
- Salt & pepper, to taste
- 2 Tablespoons spicy brown mustard
- 8 ounces beer, such as brown or amber lager

*Top 9 Allergy-Friendly Substitutions:

- No wheat: replace beer with apple juice

Instructions:

1. Wash hands with soap and warm water.
2. Spread sauerkraut in the bottom of a 4 or 6-quart slow cooker.
3. Trim fat from meat and place over sauerkraut in slow cooker. Wash hands and countertops after touching raw meat.
4. Add salt & pepper. Use a large spoon to spread mustard over roast, covering evenly.
5. Pour beer over the roast and sauerkraut.
6. Cook on low for 6-10 hours. Internal temperature should reach at least 145°F on a food thermometer.
7. Use a knife or two forks to shred pork OR cut into thin slices. If desired, toss with drippings from slow cooker.



To Freeze Leftovers:

Allow shredded pork to cool and place in freezer bag or food saver pouch. Carefully remove air from freezer bag before sealing or use a food saver. You can also use a glass freezer-safe container, but make sure to cool to room temperature before freezing.

Thaw in refrigerator overnight. According to the USDA, thawed leftovers should be used within three to four days. Reheat leftovers until internal temperature reaches 165°F on a food thermometer.

Meal Serving Suggestions:

#1: Sliced pork roast with sauerkraut, egg noodles or mashed potatoes, cooked carrots or peas, and milk

#2: Open face sandwich: toasted rye bread with spicy brown mustard topped with Swiss cheese, shredded pork roast, and sauerkraut with side(s) of vegetable(s)

#3: Grilled pork sandwich: rye bread with 1000 Island dressing, shredded pork, Swiss cheese, and sauerkraut with side(s) of vegetable(s)

#4: Shredded pork and sauerkraut served over mashed potatoes with side salad and buttered rye bread