

Slow Cooker Pork Sirloin Roast with Balsamic Vinegar, Rosemary, and Sweet Onions

Adapted from Kalyn's Kitchen 2/2013



- 1 1/2 pounds pork sirloin roast
- 2 teaspoons citrus salt blend with herbs, or your choice of mixed herbs
- 1/2 teaspoon smoky ground pepper (a Schilling product)
- 1 tablespoon olive oil
- 1 cup beef stock
- Two 4-inch sprigs of fresh rosemary
- 1/4 cup balsamic vinegar (not necessary to use the good stuff)
- 1 large sweet onion, cut into thick slices and separated into rings
- 3 tablespoons flat leaf parsley, chopped
- 3 tablespoons green onions, chopped

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 5

Note: If you're an onion fan, use 2 onions.

1. Trim visible fat from the roast - there won't be much. Rub the meat all over with the herb/spice/salt mix. Heat the oil in a large frying pan over medium-high heat and brown the pork roast well on all sides. (This will take 8-10 minutes; don't rush the browning step.) Put the browned roast in the slow cooker. Add rosemary sprigs.
2. Add the beef stock to the frying pan, turn the heat to high, and simmer until the stock is reduced by half, scraping any browned bits from the bottom. When it's reduced to 1/2 cup, strain the mixture, put it back in the frying pan, add the balsamic vinegar and cook about 5 minutes more. Pour the liquid over the meat and cook on high for about 1 1/2 hours (or on low for 3-4 hours.) Remove rosemary sprigs from the slow cooker (or strain it out during step 3.
3. When the meat has cooked on high for about 1 1/2 hours (or on low for 3-4 hours), peel the onion, cut into thick slices, and separate into rings. You can either remove the roast and put the onions in the bottom (for more well-done and more vinegar-flavored onions or turn the meat over and pile the onions around it (for less well done and less vinegar-flavored onions.)
4. Turn slow cooker to medium or high if you had been cooking on low and cook with the onions added for about 60-90 minutes more. Taste the sauce and see if you'd like it a little more concentrated, and if so, remove the meat, pour the sauce into a pan, and simmer for about 20 minutes on medium-high heat (or until it is as concentrated as you'd like it.) You can turn off the slow cooker but put the roast back inside it to stay warm while you reduce the liquid.
5. Slice roast across the grain into slices about 3/4 inch thick, arrange on a plate with the onions, and serve with the sauce poured over or in a bowl on the side. Garnish the roast or each serving with flat-leaf parsley and green onions.

Per Serving (excluding unknown items): 233 Calories; 11g Fat (44.5% calories from fat); 28g Protein; 3g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 494mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1/2 Fat.