



CITRUS-HERB PORK ROAST

This can also be served over rice or zoodles!

INGREDIENTS

- 1 boneless pork sirloin roast (3 to 4 pounds)
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- 2 medium onions, cut into thin wedges
- 1 C plus 3T orange juice, divided
- 1 T sugar
- 1 T white grapefruit juice
- 1 T steak sauce
- 1 T reduced-sodium soy sauce
- 1 tsp grated orange zest
- 1/2 tsp salt
- 3 T cornstarch, arrowroot or flour
- Hot cooked egg noodles
- Minced fresh oregano, optional



INSTRUCTIONS

1. Cut roast in half. In a small bowl, combine the oregano, garlic and pepper; rub over pork. In a large nonstick skillet coated with cooking spray, brown roast on all sides. Transfer to a 4-qt. slow cooker; add onions.
2. In a small bowl, combine 1 cup orange juice, sugar, grapefruit juice, steak sauce and soy sauce; pour over top. Cover and cook on low for 4-5 hours or until meat is tender. Remove meat and onions to a serving platter; keep warm.
3. Skim fat from cooking juices; transfer to a small saucepan. Add orange zest and salt. Bring to a boil. Combine cornstarch/arrowroot/or flour and the remaining orange juice until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with pork and noodles; if desired, sprinkle with fresh oregano.