

Slow Cooker Balsamic Glazed Pork Roast

This is melt-in-your mouth pork tenderloin that is well worth the extra step of adding the glaze!

Tip

To freeze this meal, place seasoned tenderloin in a gallon freezer bag. Mix remaining ingredients and place in a sandwich bag. Place glaze bag inside the gallon bag with the pork and freeze. When you're ready to use, place the pork in a slow cooker with 1/2 cup of water and cook as directed.

1 tsp ground sage
1/2 tsp salt
1/4 tsp pepper
1 clove garlic, crushed
1/2 cup water
2 lbs pork tenderloin
1/2 cup brown sugar
1 Tbls cornstarch
1/4 cup Balsamic vinegar
1/2 cup water
2 Tbls soy sauce or Bragg's liquid aminos

Mix sage, salt, pepper and garlic; rub over the tenderloin.

Place 1/2 cup of water in the slow cooker, followed by the tenderloin. Cook on low for 6 to 8 hours. One hour before the meat is finished, mix remaining ingredients for glaze in sauce pan. Heat over medium and stir until thickened (about 4 minutes). Brush roast with glaze and allow to cook one hour. Optional: For a caramelized crust, remove meat with glaze from slow cooker at the very end and place under the broiler 1 to 2 minutes.