

Slow Cooker Teriyaki Pork

Ingredients:

2-twelve ounce pork tenderloins
1/2 cup reduced-sodium soy sauce
1/4 cup rice vinegar
3 Tablespoons packed brown sugar
2 Tablespoons olive oil
2 teaspoons grated fresh ginger
2 cloves garlic, minced
1/4 teaspoon ground black pepper
Toasted sesame seeds (optional)

Directions:

In a small bowl mix together soy sauce, vinegar, brown sugar, oil, ginger and garlic. Place the pork tenderloins in your slow cooker and pour the sauce you just mixed together over the meat.

Cover your slow cooker and let cook for 2 1/2 - 3 hours on high-heat or 5 - 6 hours on low-heat.

Once your pork is finished transfer to a cutting board and leave the cooking liquid in the slow cooker for now. Cut the meat into 1/2 inch thick slices.

Serve with Asian Slaw (recipe below) and drizzle meat with cooking liquid. (Optional - sprinkle with sesame seeds)

Serves 8.

ASIAN SLAW

Ingredients:

5 cups shredded napa cabbage

1 medium yellow bell pepper (cut into strips)

1/2 cup shredded carrot

1/2 cup of snow peas w/pods sliced lengthwise

1/4 cup sliced green onion

3 Tablespoons rice vinegar

2 Tablespoons of olive oil

1 Tablespoon of toasted sesame seed oil

1 Tablespoon of reduced-sodium soy sauce

Pinch of salt

Directions:

In a large bowl you'll combine all of the vegetables that have been cut up.

In small mason jar (or similar jar with a screw top lid) combine the rice vinegar, olive oil, toasted sesame oil, soy sauce and salt. After you screw the lid on shake up the mixture real well.

Pour the mixture over the vegetables in your bowl and toss to coat.