



slow cooker pork

4 pounds
pork roast
1 cup low sodium
chicken broth
½ teaspoon
black pepper
1 teaspoon Cajun
seasoning

1. Cut fat off the pork roast. Place the pork roast in a skillet. Cook over medium high heat, until meat is brown on all sides.
2. Place the meat, chicken broth and seasonings in a slow cooker. Cover and cook on low heat for 6 to 8 hours.
3. Remove meat from the slow cooker and let sit for 15 minutes. Pull the meat apart with two forks and return to the slow cooker.

Makes 12 servings



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