



# Slow Cooker Coconut Curry Pork

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Recipe Source: [www.melskitchencafe.com](http://www.melskitchencafe.com)

## Ingredients:

2 ½ lbs boneless pork roast  
1 large red bell pepper, diced  
½ cup diced onion  
1 (14 oz) can light coconut milk  
3 cloves garlic, minced  
2 Tbsp brown sugar  
1 Tbsp curry powder  
1 tsp ground ginger  
1 tsp salt  
½ tsp black pepper  
2 Tbsp cornstarch  
2 Tbsp fresh lime juice  
Fresh cilantro, chopped, for garnish

## Steps:

- Spray the inside of a 5-6 quart slow cooker with cooking spray. Add the pork, red pepper, and onion.
- In a bowl, whisk together the coconut milk, garlic, brown sugar, curry powder, ginger, salt, and pepper. Pour the sauce into the slow cooker. Cover and cook on low for 8 hours or on high for 4-5 hours (depending on size of pork roast).
- Leaving pork in the slow cooker, shred it coarsely using two forks. Mix the cornstarch and lime juice together in a small bowl and stir the mixture into the pork. Turn the slow cooker to high and cook for 10-15 minutes until the sauce is slightly thickened.
- Serve pork over quinoa or rice, sprinkled with cilantro.

*Tips from the Test Kitchen: Use a boneless pork loin for a leaner cut. Serve over a whole grain such as quinoa or brown rice. Pairs well with broccoli that has been sautéed with crushed red pepper flakes and garlic.*

**Nutritional Facts:** per serving Calories: 448, Carbohydrates: 13 grams, Protein: 51 grams, Total Fat: 21 grams, Saturated Fat: 15 grams, Cholesterol: 138 mg, Sodium: 508 mg, Fiber: 1 grams, Total Sugars: 6 grams.