

Tender and so delicious, this simple recipe for sweet balsamic glazed pork contains easy directions for the slow cooker OR Instant Pot!

INGREDIENTS:

Pork:

- 2 to 3 pounds boneless pork loin or pork sirloin roast, trimmed of large fat pockets
- 1 teaspoon ground sage or poultry seasoning
- ½ teaspoon coarse, kosher salt
- ½ teaspoon coarse black pepper
- 1 clove garlic, finely minced or crushed
- ½ cup water or chicken broth

Glaze:

- ½ cup brown sugar, light or dark
- 1 tablespoon cornstarch
- ¼ cup balsamic vinegar
- ½ cup water
- 2 tablespoons soy sauce

INSTRUCTIONS:

1. In a small bowl, combine the sage, salt, pepper and garlic. Rub the spices all over the roast.
2. For the slow cooker: place the pork roast in the slow cooker and add the 1/2 cup water. Cover and cook on low for 6-8 hours.



3. For the Instant Pot/Pressure cooker: place the pork roast in the insert of the Instant Pot or other pressure cooker. Increase the water or broth to 1 cup and add to the Instant Pot. Secure the lid and cook on high pressure for 60 minutes (hit manual -> dial up or down to 60 minutes -> Instant Pot will start automatically and count down the time). Let the pressure naturally release for 10 minutes before quickly releasing the rest of the pressure.
4. Near the end of cooking time (for either slow cooker or pressure cooker), whisk together all the ingredients for the glaze in a small saucepan and bring the mixture to a boil. Reduce the heat, and simmer, stirring occasionally, until the glaze thickens, 2-3 minutes. Season to taste with a pinch of salt and pepper, if needed/desired. Keep warm until ready to use.
5. Remove the pork from the slow cooker or Instant Pot. Shred the meat into pieces and place on a platter or plate. Drizzle the glaze over the pork and serve immediately.

NUTRITION

Serving: 1 Serving, Calories: 292kcal, Carbohydrates: 16g, Protein: 39g, Fat: 7g, SaturatedFat: 2g, Cholesterol: 107mg, Sodium: 540mg, Fiber: 1g, Sugar: 15g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.