

Crockpot Cuban Style Pork

by Constance J Smith

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Ingredients

1 Tb cooking oil	½ c salsa
3 lb pork shoulder roast	½ tsp salt
2 sweet potatoes	½ tsp black pepper
1 red bell pepper	1 tsp grated fresh ginger
1 can (13 oz.) coconut milk	3 scallions (green onions), sliced

Instructions

To begin, heat the cooking oil in a large skillet over medium high heat. Brown the roast on both sides and then place it in your crockpot. Peel the sweet potatoes and cut them into 1 inch pieces. Dice the pepper. Spread the potatoes and pepper over the top of the roast. In a bowl, combine the coconut milk, salsa, salt, pepper and ginger. Whisk together and pour over the top of the crockpot contents. Cover and cook on low for 9-10 hours or until the pork is tender. Pull the pork apart with two forks and place in a bowl with some of the sweet potato chunks. Sprinkle with sliced scallions. Enjoy!