

# Tomato-Molasses Pork Loin with Rice and Spinach Salad



## Instructions:

### ...the night before...

Take out equipment.

1. Heat oil in a large nonstick **fry pan** at medium heat. Finely chop onion, adding to pan as you chop. Add garlic to pan. Sauté until onions are soft and slightly brown. **Remove from heat** and set aside.

### ...meanwhile...

Trim off fat. Cut pork roast into 1" thick slices and place in **slow cooker**.

Pour ketchup, water, garlic powder, ground mustard, chipotle pepper, sesame oil, Worcestershire sauce and molasses over top.

Flip pork slices several times to mix and coat. Add sautéed onions and garlic to slow cooker. Cover and store center crock overnight in the **fridge**.

### ...in the morning...

2. Return center crock, with cover, to slow cooker and set on **low heat**.

### ...when you get home...

3. Combine rice and water in a microwave-safe pot or casserole. Cover and **microwave** rice at high 10 minutes, then medium 10 minutes. Let stand.
4. Rinse spinach in basket of salad spinner and spin dry. Toss salad with your favorite salad dressing and toppings.

*Note: There is lots of sauce. So save it and use it for basting chicken, fish or beef on the BBQ.*

## Ingredients:

Take out ingredients.

- 1 tsp canola oil**
- 1 onion**
- 2 tsp fresh garlic** (from a jar)
  
- 2-3 lbs or 900-1350 g lean pork loin roast**  
(or use boneless chops)
  
- 1 cup ketchup**
- 1 1/2 cups water**
- 1 tsp garlic powder**
- 1 tsp ground mustard**
- 1/4 tsp chipotle chili pepper**
- 1 tsp sesame oil**
- 1 Tbsp Worcestershire sauce**
- 2 Tbsp molasses**

Note: Add extra water if cooking longer than 6 hrs.

7 hours - 1/4 cup water, 8 hours - 1/2 cup  
9 hours - 3/4 cup water, 10 hours - 1 cup

- 1 1/2 cups basmati rice**
- 3 cups water**

**1 bag spinach (6 oz or 170 g)**

**1/3 cup of your favorite dressing, fat-free**  
Optional toppings that we looove:  
sliced red onion, crumbled feta,  
melon or mango, nuts, etc.

**Serves 6**

Recipe by Sandi Richard from *The Dinner Fix*

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## Equipment List:

...the night before...

Large nonstick fry pan

Slow cooker

Cutting board

Sharp veggie knife

Sharp meat knife

Large stirring spoon

Measuring cups and spoons

...when you get home...

Large microwave-safe pot  
or casserole w/lid

Salad spinner

Mixing spoons

Measuring cups

## Per serving:

Calories	397
Fat	9.0 g
Protein	27.4 g
Carbohydrate	50.7 g
Fiber	2.2 g
Sodium	443 mg

## U.S. Food

### Exchanges:

3	Starch
2 1/2	Meat-lean
1	Vegetable
1/2	Fat

## Cdn. Food

### Choices:

3 1/2	Carb
2 1/2	Meat/Alt
1/2	Fat

Assumes half of sauce is left over.



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