

FALL PORK ROAST

Instagram @alexrianmundy

<https://www.instagram.com/p/DeFx2jmRLBT/>

Served over potatoes or on a bun, either way you'll love this fall pork roast recipe 🍂 perfect for any game day or get together. Here's how you make it:

Ingredients:

- ☐ 3-4 pounds pork loin or shoulder, bone-in
- ☐ 1 pound bag sauerkraut
- ☐ 1 large apple, thinly sliced
- ☐ 1 large onion, thinly sliced
- ☐ 2 tablespoons coconut sugar
- ☐ Salt and pepper, to season

- Preheat the oven to 325°F.
- In the bottom of a large Dutch oven or casserole dish, layer half of the onions and apples.
- Place pork, fat side up, on the onions and apples. Season with salt and pepper.
- Pile the sauerkraut on top of the pork and press a bit to help it stay on top. Pour any remaining liquid from the bag into the dish. Sprinkle the coconut sugar over the sauerkraut.
- Add the remaining onions and apples around the pork. •Cover with a lid (or foil), and braise in the oven for 3 to 4 hours (about an hour per pound of pork) until the pork is tender and ready to shred.
- Remove from the oven and increase oven temperature to 425°F.
- While the oven is coming to temp, shred the pork with tongs or two forks. Mix the meat with the onions, apples, and sauerkraut until evenly distributed.
- Return the meat, uncovered, to the oven and roast for another 20 to 30 minutes until the ends are golden brown but not dried out.
- Serve over mashed potatoes and ENJOY!