



Chinese Five-Spice Pork

MyPlate2Yours - Lynn Dugan

Ingredients

1/4 cup reduced sodium soy sauce
1/4 cup honey
2 tablespoons hoisin sauce
4 cloves garlic, chopped
2 tablespoons chopped ginger
1 teaspoon Chinese five-spice powder
2 pounds pork tenderloin (or boneless, center-cut pork roast)
1 cup chicken broth
1-1/2 cup shredded carrots
3 scallions, thinly sliced
3 cups steamed brown rice

Directions

In a small bowl, whisk together soy sauce, honey, hoisin, garlic, ginger, and five-spice powder. Coat slow cooker with cooking spray (I use Pam). Place pork in bowl and top with sauce. Pour the chicken broth around the pork, trying not to disturb the sauce on top. Cook on low for 6-8 hours. (The meat will shred easily with a fork when done.) Shred the meat in the bowl with two large forks and mix shredded meat with sauce. (I did add about 1/2 cup more of chicken broth to the finished dish). Serve on top of rice and garnish generously with carrots and scallions. Enjoy!