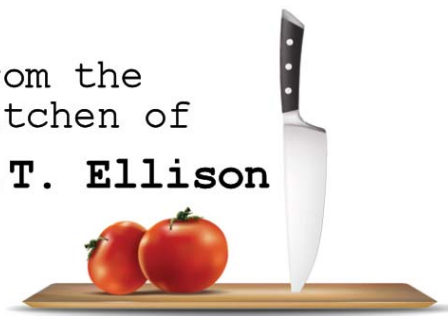


From the  
kitchen of  
**J.T. Ellison**



### Ingredients:

- ✓ 1 boneless pork loin roast, about 3 to 4 pounds
- ✓ 1 large sweet onion, sliced
- ✓ Salt and pepper
- ✓ 1/2 teaspoon garlic powder or 1 small clove garlic, finely minced
- ✓ 1 jar (12 ounces) mango or peach chutney
- ✓ 2 tablespoons brown sugar
- ✓ 1 tablespoon grainy mustard
- ✓ 1/2 teaspoon ground ginger
- ✓ 1 teaspoon curry powder

## Slow-Cooker Chutney Pork Loin

Serves 6-8

I'll admit it, I am a lazy cook. I like things that are easy, fresh, and delicious, in that order. When we were snowed in during Snowpocalypse 2016 (10 inches in Nashville, y'all!) I made all kinds of soups and stews and yummy things. This slow cooker recipe is one of my favorites. It literally takes five minutes to put together, a real snap to make. All you need is the pork, a jar of mango or peach chutney, onions, and seasonings. I prefer it over rich, creamy mashed potatoes, but it will work with any rice and a side vegetable for a tasty family meal.

### Directions:

- Wash roast and pat dry; trim excess fat.
- In the bottom of a 5- to 7-quart slow cooker, place sliced onion.
- Lightly salt and pepper the roast, then rub with the garlic powder or fresh minced garlic. Place the roast in the slow cooker. (If you're squeamish about raw meat like I am, it's fine to simply dash on the S & P and garlic)
- In a separate bowl, combine remaining ingredients and spoon over the roast. (Again, lazy girl simply dumps them in directly)
- Cover the slow cooker, and cook on HIGH for 1 hour. Reduce heat to LOW and cook for 6 to 8 hours longer, or continue cooking on HIGH for 3 to 4 hours longer. The roast should register at least 160° F on an instant-read thermometer or meat thermometer inserted at the center of the roast.
- Remove the roast from the crockpot and keep warm.
- Pour juices from the slow cooker into a medium saucepan. Simmer the juices for 5 to 8 minutes to reduce by about one-third.
- Combine 1 tablespoon cornstarch with 1 tablespoon cold water (always add water to the cornstarch, not the other way around), stirring until smooth. Stir the cornstarch mixture into the juices and continue cooking for about 1 minute, until thickened.
- Serve sauce with roast over your delicious side.

*As seen in J.T. Ellison's newsletter. For more recipes, visit [JTEllison.com](http://JTEllison.com).  
Want a wine to go with your recipe? Check out J.T.'s wine blog,  
The Wine Vixen, at [TheWineVixen.com](http://TheWineVixen.com).*

