

Alison's Asian Peanut Butter Slow-Cooker Pork

Alison writes:

"This came from a blog called A Year of Slow Cooking (<http://crockpot365.blogspot.com>). You can serve it any way you want. I usually serve it on a cup of Soba noodles with some steamed broccoli and a green salad on the side. But it would be delicious with quinoa, brown rice or homemade baked sweet potato fries and some veggies. It's also great to throw into the crock pot in the morning and when you come home, dinner is ready!"

Ingredients:

1-1/2 to 2 lbs pork tenderloin
1 onion, sliced in rings
1/4 cup low-sodium soy sauce (try a gluten-free option)
1/4 cup brown sugar
3 tbsp white wine vinegar
3 tbsp water
2 garlic cloves, chopped
1/2 cup creamy all-natural peanut butter
2 tbsp chopped peanuts (garnish; optional)
1 lime, cut in wedges (garnish; optional)

Directions:

Use a 4 to 6 quart Crockpot. Put onion slices into the bottom of your Crockpot. Put the pork on top. Add brown sugar, soy sauce, vinegar, water, garlic, and peanut butter. No need to stir — the peanut butter needs to melt before you can do so.

Cover and cook on low for 8 hours or on high for 4 to 6 hours. The pork will get tenderer the longer you cook it.

One hour before serving, flip the meat over in the Crockpot to allow the other side to soak up the peanut buttery goodness.

Garnish with chopped peanuts, and serve with lime wedges. The lime juice mixed with the peanut butter is delicious.