



# ONE POT SLOW COOKER MISO PORK & BUTTER BEANS

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

The miso marinade:

- 2 tablespoon brown rice miso
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 2 tablespoon olive oil
- 1 tablespoon cider vinegar
- 1 teaspoon ground cumin
- 1 teaspoon ground smoked paprika
- 1 teaspoon sumac

Main ingredients:

- Pork shoulder off the bone (to serve 4)
- 2 white onions, halved
- Handful of sun dried tomatoes
- 2 cans or jars of cooked butter beans
- To serve : sautéed kale or tender stem broccoli or any seasonal dark leafy greens

## PREP TIME

Prep time: 15mins

Cooking ime:6-7 hours

## METHOD

### Marinade

Add all the marinade ingredients together in a jam jar and mix well.

Close jar and shake for 30 seconds

### Assemble in your slow cooker or large ceramic pot

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Add the 4 onion halves at the bottom in order to rest the meat on top.

Add the meat.

Generously and evenly cover the meat with the marinade.

Top with the sun dried tomatoes.

Slow cook for 6-7 hours.

30 mins before serving, add the cooked butter beans to the pot.

Serve with your choice of leafy greens.