

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Slow Cooker Kalua Pig

From [www.nomnompaleo.com](http://www.nomnompaleo.com)

3 slices bacon  
5 pounds Boston butt roast  
1 1/2 tablespoons coarse sea salt  
5 cloves garlic

1. Line the slow cooker with 3 slices of bacon and use a knife to remove the skin from the roast. (You don't have to do this, though. Feel free to leave the skin on if you're in a lazy state of mind. I won't tell.)
2. Next, weigh the pork to estimate how much salt to use. Follow Judy Rodger's rule of thumb: use  $\frac{3}{4}$  teaspoon of medium-coarse salt for every 1 pound of meat. (Using fine salt? Use about half that amount.)
3. Peel the garlic. Cut some slits into the meat and tuck in the garlic cloves and salt the pork all over.
4. Place the roast on top of the bacon, skin-side up.
5. Put the lid on and cook the roast on low for about 16 hours. (Note: newer slow cookers are hotter and may only require 9-12 hours on the low setting.) Don't add any liquid!
6. When the pork is finished cooking remove the meat and shred it with two forks.
7. Check the pork for seasoning and adjust it with the cooking liquid that remains at the bottom of the pot. Just don't shred the meat in the cooking liquid—it'll be too salty!