



SERVES: 8  
 ACTIVE TIME: 30MINS  
 TOTAL TIME:  
 15HOUR(S)0MINS-  
 18HOUR(S)0MINS



**Calories:** 340

**Chef Tip(s):**

Thicken gravy: Add 2 Tbsp cornstarch and 2 Tbsp cold water in small bowl; set aside. Add 1 pkg (8 oz) Food You Feel Good About Homestyle Gravy (Prepared Foods) to de-fatted juices. Bring to simmer; add cornstarch mixture. Cook, whisking, 2 min.

**Nutrition Info:** Each serving (4.5 oz Pork) contains 340 calories, 3 g carbohydrate, (1 g fiber), 33 g protein, 21 g fat, (7 g saturated fat), 120 mg cholesterol, and 90 mg sodium.

## Italian-Style Slow-Roasted Pork Roast

### Ingredients

3 small onions, peeled, halved, and sliced  
 2 navel oranges, skin-on, thinly sliced  
 1 (7-10 lb) pork shoulder  
 6 cloves Food You Feel Good About Peeled Garlic, minced  
 1 Tbsp fennel seed  
 Salt and cracked black pepper

### Directions

1. Day before: Combine onion and orange slices in roasting pan (w/without rack). Diagonally score fat-side (top) of pork about 3/4-inch deep in a diamond pattern. Rub garlic, then fennel seeds into top of pork. Season well w/with salt and pepper. Place pork on top of onion and orange slices. Cover w/with plastic w/rap; refrigerate overnight.
2. Day of meal: Preheat oven to 275 degrees. Remove plastic w/rap. Bake uncovered, 7-8 hours.
3. Remove from oven. Carefully place roast on clean platter; let rest. As roast rests, ladle hot juices into gravy separator. Reserve de-fatted juices (au jus); keep w/arm. Reserve onions if desired.
4. Serve au jus w/with pork.