

Cook a Pork Roast – Serve it Three Times!

I found a fantastic deal on a boneless pork shoulder roast. Usually I'll cut it and freeze portions for later use, but it seems that we're always looking for something quicker – a week night kind of meal. So decided to cook it up and freeze the cooked portions – and later made Carnitas Soft Tacos, Pork and Sweet Potato Shepherd's Pie and Pork Fried Rice. Want to know more?

ONE ROAST 3 MEALS



WWW.LAZYGASTRONOME.COM

First, lets cook this wonderful chunk of meat in the crock pot...

What you need:

- 3 pound pork shoulder roast, boneless

- 1 Tablespoon garlic salt
- 1 Tablespoon onion powder
- 1 Tablespoon garlic powder
- 1 Tablespoon lemon pepper
- water to cover

How to Do it:

Place the roast in a crock pot and top with all the spices.



Pour in water just to cover the sides.



Cook on low for 8-10 hours.



Split the meat into three portions and pour 1/3 of the liquid in with each (save out a little extra in one for the gravy in the shepherd's pie!)

Freeze each portion until you are ready to make the meal.

First meal – [Pork and Sweet Potato Shepherd's pie.](#)



Next meal , [carnitas soft tacos](#)



and the last treat (and my husband's favorite) is [Pork Fried Rice](#) –



Thanks for stopping by!

© Copyright 2016 The Lazy Gastronome

I WAS FEATURED ON...

TURN IT UP
Tuesdays!

WITH
EPIC MOMMY ADVENTURES
+ FRIENDS

