

Teriyaki Pork and Noodles - crockpot

Ingredients:

16 oz frozen stir-fry vegetables or green beans

2.5 lb pork roast, cut into 1 inch cubes

12 oz teriyaki or stir-fry sauce

½ c water

¼ tsp crushed red pepper (optional)

2 pkg ramen noodles (broken)

¼ c chopped green onions (optional)

Directions:

- Coat crockpot with cooking spray.
- Place veggies at bottom of crockpot.
- Top with cubed meat.
- Mix together sauce, water, and red pepper and pour over meat and veggies.
- Cook on low for 9-10 hours or on high 4.5 – 5 hours

After meat and veggies are cooked:

- Discard ramen flavor packets.
- Crumble ramen noodles into the crockpot over the meat and veggie mixture.
- Cover and let stand in crockpot for 10 minutes.
- Stir.
- Add chopped green onions and serve.