

Pork Sirloin Roast Freezer Meals Mini Session

I've pulled together a set of five pork roast meals for this session. These are all "dump" style meals – where you "dump" all of the ingredients into a freezer bag without pre-cooking, and then when ready to eat, you "dump" the content of the bag into your slow cooker or pressure cooker to cook your meal. These are very easy and very fast to put together!

I'm focusing on pork roasts with this mini session because they are currently on sale at Smith's/Kroger. I wasn't able to take as much advantage of other sale items in the meals as I'd like, but I don't think these meals will be very expensive at any rate.

The plan includes five recipes, making two of each, for a total of ten meals.

Recipes:

1. Company Pork Roast
2. [Italian Pork Roast – from NewLeafWellness](#)
3. Cranberry Orange Pork Roast
4. Apricot Glazed Pork Loin
5. [Sweet Balsamic Glazed Pork – from Mel's Kitchen Cafe](#)

The shopping list will include all ingredients to make two of each meal. If you're only doing one, cut the shopping list ingredients by half.

The pork loin roasts are sold in vacuum-sealed bags, with 4-5 roasts in each. The ones I saw this week averaged right around 10 lbs for 4-5 roasts, which is about 2lb per roast. They worked for our family of 6 – 2 adults, and 3 kids (1 kid didn't eat any meat). If you have bigger kids, or more in your family, you may want to go with a roast and a half for each meal.

All ten meals will use gallon-size ziptop freezer bags.

Company Pork Roast

Yield: 6-8 servings

INGREDIENTS

- 2-3 lbs boneless pork loin roast (1 - 1 1/2 roasts)
 - 1/2 cup chicken broth
 - 1/3 cup honey
 - 1/3 cup soy sauce
 - 3 tablespoons red wine vinegar
 - 2 teaspoon dry mustard
 - 1 teaspoon garlic powder
 - 1 teaspoon salt
 - 1/2 teaspoon black pepper
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MATERIALS

- 1 gallon-size ziptop freezer bag
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PREP

1. Place pork roast into freezer bag.
 2. In small bowl, whisk remaining ingredients together until well combined.
 3. Pour mixture into freezer bag over pork roast.
 4. Squeeze out as much air from the bag as possible, and seal.
 5. Label and date, then lay flat in freezer to freeze.
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COOK

Remove bag from freezer and thaw overnight in refrigerator. (I recommend placing your freezer bag onto a tray or in a large container in the fridge, as they sometimes tend to leak as they thaw.)

For slow cooker: Place contents of bag into slow cooker, and cook on low for 5-6 hours.

For pressure cooker (Instant Pot): Place contents of bag into pressure cook. Cook on high pressure for 60 minutes, then 10 minutes natural release, then quick release remaining pressure.

Remove roast from slow cooker or pressure cooker and slice or shred.

To make gravy: Strain remaining liquid from slow cooker and heat in medium saucepan over medium-high heat. Mix 2 tablespoons cornstarch with 2 tablespoons COLD water. Add cornstarch mixture to liquid in saucepan and cook until thickened.

Italian Pork Roast

Yields: 6-8 servings

INGREDIENTS

- 2-3 lbs boneless pork loin roast (1 - 1 1/2 roasts)
 - 28oz can diced tomatoes, undrained
 - 1/2 cup grated Parmesan cheese
 - 2 tablespoons olive oil
 - 4 cloves garlic, minced (2 teaspoons)
 - 1 tablespoon dried parsley
 - 1 teaspoon dried basil
 - 1 teaspoon dried oregano
 - 1/2 teaspoon black pepper
 - 1/4 teaspoon salt
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MATERIALS

- 1 gallon-sized plastic freezer bag
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PREP

1. Label your freezer bag.
 2. Add all ingredients to freezer bag.
 3. Remove as much air as possible and seal bag.
 4. Knead bag gently to mix contents.
 5. Label and date. Then lay bag flat in freezer to freeze.
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COOK

1. The night before cooking, remove meal from freezer and place in your refrigerator to thaw overnight.
2. The morning of, pour contents of freezer bag into crockpot.
3. Cook:
 - a. In slow cooker, on LOW for 6 hours.
 - b. In Instant Pot or pressure cooker, HIGH pressure for 60 minutes, then 10 minutes natural release, then quick release.
4. Shred or slice pork. Serve over pasta or rice.

Cranberry Orange Pork Roast

Yields: 6-8 servings

INGREDIENTS

- 2-3 lbs boneless pork roast (1 - 1 1/2 pork roasts)
 - 1 15oz can whole berry cranberry sauce
 - 1/2 cup dried cranberries (Craisins)
 - 1/2 cup orange juice
 - 1/4 cup honey
 - 1/4 dry minced onions
 - 1 teaspoon garlic powder
 - 1/4 teaspoon salt
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MATERIALS

- 1 gallon-sized plastic freezer bag
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PREP

1. Place pork roast into freezer bag.
 2. In small bowl, whisk remaining ingredients together until well combined.
 3. Pour mixture into freezer bag over pork roast.
 4. Squeeze out as much air from the bag as possible, and seal.
 5. Label and date, then lay flat in freezer to freeze.
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COOK

Remove bag from freezer and thaw overnight in refrigerator. (I recommend placing your freezer bag onto a tray or in a large container in the fridge, as they sometimes tend to leak as they thaw.)

For slow cooker: Place contents of bag into slow cooker, and cook on low for 5-6 hours.

For pressure cooker (Instant Pot): Place contents of bag into pressure cook. Cook on high pressure for 60 minutes, then 10 minutes natural release, then quick release remaining pressure.

Remove roast from slow cooker or pressure cooker and slice or shred. Add pork back into slow cooker or pressure cooker and mix with sauce. Serve.

Apricot Glazed Pork Loin

Yields: 6-8 servings

INGREDIENTS

- 2-3 lbs boneless pork loin roast (1 - 1 1/2 roasts)
 - 1 red onion, thickly sliced
 - 1 cup chicken broth
 - 1 (18oz) jar apricot preserves
 - 2 tablespoons dijon mustard
 - 1 teaspoon dried thyme
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
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MATERIALS

- 1 gallon-sized plastic freezer bag
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PREP

1. Label your freezer bag.
 2. Add all ingredients to your freezer bag.
 3. Remove as much air as possible and seal.
 4. Knead gently to mix ingredients.
 5. Label and date, then lay flat in freezer to freeze.
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COOK

1. The night before cooking, move bag to your refrigerator to thaw.
2. The morning of, pour contents of freezer bag into crockpot or pressure cooker.
3. Cook:
 - a. In slow cooker on LOW for 6 hours.
 - b. In Instant Pot or pressure cooker, HIGH pressure for 60 minutes, then 10 minutes natural release, then quick release.

Sweet Balsamic Glazed Pork

Yields: 6-8 servings

INGREDIENTS

- 2-3 lbs boneless pork roast (1 - 1 1/2 roasts), trimmed of most fat
- 1 teaspoon ground sage or poultry seasoning
- 1 clove garlic, finely minced (1/2 teaspoon)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup chicken broth

GLAZE:

- 1/2 cup brown sugar
 - 1/4 cup balsamic vinegar
 - 2 tablespoons soy sauce
 - 1 tablespoon cornstarch
 - 1/2 cup water
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PREP

1. In small bowl, combine sage, garlic, salt and pepper. Rub spice mixture over all sides of pork roast.
 2. Place roast in freezer bag. Add 1 cup chicken broth.
 3. Remove as much air as possible from bag, and seal.
 4. Label and date, then lay flat in freezer to freeze.
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COOK

1. The night before cooking, move bag to your refrigerator to thaw.
2. The morning of, pour contents of freezer bag into crockpot or pressure cooker.
3. Cook:
 - a. In slow cooker on LOW for 6-8 hours.
 - b. In Instant Pot or pressure cooker, HIGH pressure for 60 minutes, then 10 minutes natural release, then quick release.
4. Towards end of cooking time, whisk together the brown sugar, vinegar and soy sauce in medium saucepan. In small bowl, whisk together cornstarch and COLD water. Add to saucepan. Heat over medium heat until boiling. Reduce heat and simmer 2-3 minutes.
5. Remove pork from slow cooker or pressure cooker. Shred the meat and place on a platter or in serving bowl. Drizzle glaze over pork and serve.

SHOPPING LIST

MEATS

- 30 pounds boneless pork loin roasts (3 of the large vacuum sealed bulk packages)

DAIRY

- 1 cup shredded Parmesan cheese

MISC

- 5 cups chicken broth (40 oz)
- 1 1/4 cup honey
- 2/3 cup soy sauce
- 6 tablespoons red wine vinegar
- 2 (28oz) cans (56oz total) diced tomatoes
- 2 (15oz) cans whole berry cranberry sauce
- 1 cup dried cranberries (Craisins)
- 1 cup orange juice
- 1/2 cup dry minced onions
- 2 (18oz) jars apricot preserves
- 4 tablespoons dijon mustard
- 2 teaspoons dry mustard

PRODUCE

- 10 cloves garlic, minced (I totally cheat and use the pre-minced jarred stuff from Costco)
- 2 red onions

PANTRY STAPLES

- salt
- pepper
- olive oil
- dried parsley
- dried basil
- dried oregano
- dried sage
- dried thyme

MATERIALS

- 10 gallon-size freezer bags
- Black Sharpie or permanent marker

PUTTING IT ALL TOGETHER

There aren't a lot of prep steps to these recipes. You may work recipe by recipe in any order. You will do two meals of each recipe – so do each recipe twice.

For most of these, it will literally be just starting at the top of the ingredients list and putting each one of the items in a ziptop bag. That's it.

Be sure to label your freezer bags with the name of the meal and the date. AND be sure to include any cooking instructions, especially those that require addition of extra ingredients at the time of cooking (not part of the freezer meal).