

Instant Pot Pork Shoulder Roast

By Tracy Lauth

This versatile recipe combines the best of American and South of the Border flavors. Brown sugar, garlic, apples, and vinegar combined with cocoa, coffee, and chili spices create layers of flavor that will please the whole family. This amazing roast can be served numerous ways in a sandwich, burrito, tacos, or over baked potato or with your favorite vegetable side dish.

I started with a fully frozen pork shoulder roast. It thawed and started cooking in 25 minutes. It cooked for an additional 40 minutes. If starting with a fully thawed roast, cooking time will be about 45 minutes.

Substitute Lakanto Golden Monk Fruit sweetener for brown sugar for a sugar-free recipe.



- 3.5-pound bone-in or boneless pork shoulder roast
- One medium white onion
- 3 cloves of garlic
- ¼ c brown sugar or Lakanto Golden Monk Fruit
- 1 T blackening spice (see recipe below)
- 2 T Espresso Powder or 2 cups strong coffee (reduce water)
- 2 T cocoa
- 2 medium apples (tart green is best but any apple will do)
- 2 cups white vinegar
- 3 c Water (reduce if using coffee)

Instructions

1. Chop onion and place in bottom of Instant Pot
2. Smash garlic cloves and add to Instant Pot.
3. Place roast on top
4. Add brown sugar, blackening spice, espresso powder, cocoa, and salt distributing evenly over meat and around the sides of the roast.
5. Cut apples into quarters and place a couple of pieces on top of meat and around the roast.
6. Carefully pour vinegar around meat – do not pour on top as it will wash away spices.
7. Add water (or coffee) around the edges of roast to reach ½ inch below top of roast – do not pour on top.
8. Cover and set Instant Pot to meat/stew setting.
9. Strain liquid removing bits and fat when done and thicken into a gravy.

Chef Tracy Lauth is a leader in the food lifestyle revolution promoting healthy relationship with everything food. Visit ChefsBestCo.com for recipes, videos, and more on your journey to a healthier you.

Exchanges and substitutions

- Substitute 1 tablespoon molasses for brown sugar
- Substitute Lakanto Golden Monk Fruit sweetener for brown sugar and molasses
- Use decaf coffee
- Substitute apple cider vinegar for white vinegar and apples
- Add or Reduce blackening spice to suit your taste

Blackening Spice Mix Recipe

<https://www.chefsbestco.com/chef-tracy-lauths-savory-spice-rub/>

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