

## Oven Roasted Pork Belly

### INGREDIENTS

#### **Pork Belly with Kraut Slaw**

US Wellness Meats Fresh Skin On 4LB Pork Belly

6 cups bone broth

4TBS oil

#### **Rub**

1:1 ratio

Coconut sugar

Kosher salt

Paprika

Garlic powder

Cayenne

Onion powder

Cumin

Pepper

#### **Sauce**

1/3C high oleic sunflower oil

1tsp coconut aminos

1/4c honey

1/2tsp sea salt

3 cloves garlic, diced

4TBS green onion, chopped

1. Preheat oven to 325°F.
2. Combine seasoning rub and set aside (Tip: This is such a tasty rub to have on hand for any meats or salads, I like making a large portion then just saving for all my cooking).
3. Pat pork belly dry with a paper towel.
4. Remove fat from skin with a small paring knife (Tip: It is easier to trim the fat when the pork is cooler).
5. Cut belly into 2-inch cubes.
6. Evenly and thoroughly coat cubes in seasoning.
7. Heat oil in a large pan over the stove then season each side of the belly for a few minutes on each side. Save this pan for sauteing later.
8. Transfer belly to a baking rack in a baking dish.
9. Add broth to bottom of dish to prevent burning and to lock in moisture.
10. Cover with foil then place in oven for about 1.5-2 hours or until internal temperature is 200°F. Check the pork periodically to make sure you don't need to add more broth.
11. Remove from oven then add belly back to pan and add sauce then allow to simmer for a few minutes, turning the cubes so that they all are evenly coated in the sauce.
12. Remove from saucepan and serve with kraut slaw. Enjoy!