



## Recipe for: Pork Roast

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*Submitted by  
Marilynn Sowell  
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**3-4 lb. boneless pork loin    1/2 cup white wine**  
**1 lb. small red potatoes    1/4 cup corn starch**  
**1/2 lb. mini carrots          1 Tbls. minced garlic**  
**1 onions cut in medium sized pieces**  
**Emeril seasoning, salt, pepper & Worcestershire sauce to taste**  
**1/4 cup olive oil**  
**1/4 cup flour to brown meat**

Rub roast with flour and seasonings, including garlic. In a large skillet add olive oil and brown prepared roast on both sides.

Place roast in large baking dish sprayed with Pam.

Place vegetables around the roast. Mix wine and corn starch with a wire whisk. Pour mixture over roast and vegetables. Add enough water to cover vegetables. Sprinkle seasoning over vegetables.

Cover with aluminum foil.

Bake at 400 degrees for 2 1/2 hours.