



**ENDING
HUNGER**
ALL FAITHS FOOD BANK

Pineapple Maple Glazed Ham

Serves 4 | Serving Size: 2 slices of ham

Ingredients

- 3 lbs of Ham
- 2 onions
- 3 quarts of pineapple juice
- 2 teaspoons of mustard
- ½ syrup

Instructions

1. Cut each onion into 4 large pieces.
2. Measure ½ cup of pineapple juice, set aside.
3. Place the ham in a large pot in HIGH heat, add the onions and the rest of the pineapple juice.
4. Bring to a boil, reduce heat to MEDIUM, cover and simmer for 1 hour.
5. Once the ham is cooked, carefully remove from the pan and set aside to cool.
6. Preheat the oven to 375 F (190 C).
7. In a small pan over MEDIUM heat, combine the mustard, syrup, ½ cup of pineapple juice and bring to a boil. Cook for 10 minutes until it looks glossy.
8. Brush the ham with the glaze until covered. Make sure to save half of the glaze.
9. Roast the ham for 40 minutes, glazing again halfway through.
10. Cut and serve!



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