

Slow Cooker Texas Pulled Pork

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Source: <http://allrecipes.com/recipe/92462/slow-cooker-texas-pulled-pork/>

Amount	UOM	Ingredient	Substitution
1	Tsp	Vegetable Oil	Parchment Paper or Crockpot Liner
		Pepper Medley	
4	Pound	Pork Shoulder Roast	
1	Cup	Barbecue Sauce	
1/2	Cup	Apple Cider Vinegar	
1/2	Cup	Chicken Broth	Beef Broth
1/4	Cup	Light Brown Sugar	2 Tbsp Brown Sugar + 2 Tbsp Molasses
1	Tbsp	Prepared Yellow Mustard	
1	Tbsp	Worcestershire Sauce	
1	Tbsp	Chili Powder	1 Tbsp Chili Powder + 1 Tbsp Korean Hot Chili Powder
1	Extra Large	Onion, chopped	
2	Large	Garlic Cloves, crushed	
1 1/2	Tsp	Dried Thyme	Italian Seasoning
			ADDED 1/4 Tsp Cinnamon + 1/2 Tsp Cumin
8		Hamburger Buns, split	GF Potato Hamburger Buns from the Healthy Monkey Cafe
2	Tbsp	Butter, or as needed	

1. Line the crockpot with parchment paper or pour Vegetable Oil on the bottom
2. Season Pork Roast with Pepper Medley. Sear in a frying pan. Place in the crockpot fat, side up.
3. Deglaze the frying pan with Apple Cider Vinegar. Add remaining ingredients and combine.
4. Pour sauce over the Pork Roast. Cover with lid.
5. Cook on high for 5 to 6 hours OR overnight on low until the roast shreds easily with a fork. You may want to turn the roast over and baste occasionally.
6. Remove the roast from the slow cooker. Discard any bones and excess fat. Shred the meat using two forks. Return the shredded Pork to the slow cooker, and stir the meat into the juices.
7. Serve the Pulled Pork on toasted & buttered Hamburger Buns.