



'Cue the Slow-Cooker Pulled Pork



1/6th of recipe (about 2/3 cup): 220 calories, 6g total fat (1.5g sat. fat), 637mg sodium, 16g carbs, 1g fiber, 12g sugars, 24g protein

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Prep: 15 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours



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Ingredients

1 cup canned tomato sauce
1/2 cup ketchup
2 tbsp. plus 2 tsp. cider vinegar
2 tbsp. plus 2 tsp. brown sugar (not packed)
2 tsp. garlic powder
12 oz. raw lean boneless pork tenderloin, trimmed of excess fat
12 oz. raw boneless pork shoulder (the leanest piece you can find), trimmed of excess fat
1/4 tsp. salt
1/8 tsp. black pepper
2 cups roughly chopped onion
Optional seasoning: red pepper flakes

Directions

In a slow cooker, mix tomato sauce, ketchup, vinegar, sugar, and garlic powder. Season both types of pork with salt and pepper and add to the pot. Top with onion and lightly stir.

Cover and cook on high for 3 to 4 hours *or* on low for 7 to 8 hours, until pork is cooked through.

Transfer pork to a large bowl. Shred with two forks--one to hold the meat in place and one to scrape across and shred it. Return shredded pork to the slow cooker and mix well. Mmmm...

MAKES 6 SERVINGS

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