

Idiot's Kitchen Recipe – Slow Cooker Pulled Pork

Recipe from www.idiotskitchen.com – adapted from Andretti Winery & many sites on the internet



Ingredients:

- 1 teaspoon olive oil
- 1 (4 pound) Boston Butt Pork Roast
- 1 large onion, chopped
- 2 cloves garlic, finely chopped
- 1 cup BBQ sauce
- ½ cup apple cider vinegar
- ½ cup chicken broth
- ¼ cup brown sugar, lightly packed
- 1 Tablespoon Dijon mustard
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon chili powder
- 1 teaspoon dried thyme
- Salt & Pepper

Note: If you don't have a slow cooker, this can be cooked in the oven at 250 degrees. It will take at least 5-6 hours to be fall off the bone tender.

Spread 1 teaspoon of olive oil in the bottom of a slow cooker. Season the pork roast with salt & pepper and put it in the cooker. Add 1 chopped onion on top of and around the roast.

Make the sauce by mixing together 2 cloves of finely chopped garlic, 1 cup of BBQ sauce, ½ cup apple cider vinegar, and ½ cup chicken broth. Add ¼ cup brown sugar, 1 Tablespoon Dijon mustard, 1 Tablespoon Worcestershire sauce, 1 Tablespoon chili powder, and 1 teaspoon dried thyme. Stir to combine and pour the sauce over the pork.

Cook on high in a slow cooker for 5-6 hours or on low for 10 hours until the pork is tender and falling off the bone. Remove the pork from the sauce. Let it cool slightly then pick out the bones and shred the pork with your fingers or 2 forks.

Use a gravy separator to remove some of the fat from the cooking liquid or put it in the refrigerator until the fat hardens and spoon it off. Mix some of the cooking liquid with the pulled pork or drizzle a little over the top of each sandwich.

Serves 8 – 10