**Slow Cooker Pulled Pork**

This recipe is from our Dinner Tonight website. We prepared this in bulk and freeze the leftovers for quick and easy meals.

1 large Vidalia onion, sliced thin
2 Tablespoons brown sugar
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 (4-6lb) boneless pork butt or shoulder
3/4 cup cider vinegar
4 teaspoons Worcestershire Sauce
1 1/2 teaspoons crushed red pepper flakes
1 1/2 teaspoons sugar
1/2 teaspoon dry mustard
1/2 teaspoon garlic powder
1/4 teaspoon cayenne pepper

1. Place onions in crock-pot. In a small bowl, combine brown sugar, salt and pepper; mix thoroughly. Rub mixture all over roast and place the roast on top of the onions.
2. In a medium bowl, combine vinegar, Worcestershire, red pepper flakes, sugar, mustard, garlic powder and cayenne pepper; whisk to combine.
3. Drizzle about 1/3 of reserved vinegar mixture over roast. Cover and refrigerate remaining vinegar mixture.
4. Cover crock-pot; cook on low for 10-12 hours.
5. Drizzle about 1/3 of reserved vinegar mixture over roast during last 1/2 hour of cooking.
6. Remove meat and onions; drain. Chop or shred meat and onions. Serve with remaining vinegar mixture or your favorite barbecue sauce.

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**Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about?**

Visit the Family Dinner Project website at [http://thefamilydinnerproject.org](http://thefamilydinnerproject.org) for conversation starters. Mix it up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.

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