

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

Nutrition Facts	
Serving Size 3 ounces	
Servings Per Container 10	
Amount Per Serving	
Calories 190	Calories from Fat 72
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 358mg	15%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 25g	50%

*Percent Daily Values are based on a 2,000 calorie diet.

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.

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> for conversation starters. Mix is up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.

