

## Slow-Cooked Pulled Pork

From Good Housekeeping  
triple-tested at the Good Housekeeping Research Institute

This meltingly tender shredded pork has been slow-cooked for hours in a sweet and tangy sauce.

SERVES: 12

### INGREDIENTS:

1	ea	medium onion, chopped
1/2	C	ketchup
1/3	C	cider vinegar
1/4	C	(packed) brown sugar
1/4	C	tomato paste
2	Tbs	sweet paprika
2	Tbs	Worcestershire sauce
2	Tbs	yellow mustard
1 1/2	tsp	salt
1 1/4	tsp	ground black pepper
4	lbs	boneless pork shoulder blade roast (fresh pork butt), cut into 4 pieces
12		soft sandwich buns or ciabatta rolls, warmed
		Dill pickles, (optional)
		Potato chips, (optional)
		Hot sauce, (optional)

### DIRECTIONS:

In 4 1/2- to 6-quart slow-cooker pot, stir onion, ketchup, vinegar, brown sugar, tomato paste, paprika, Worcestershire, mustard, salt, and pepper until combined. Add pork to sauce mixture and turn to coat well with sauce.

Cover slow cooker with lid and cook pork mixture on low setting as manufacturer directs, 8 to 10 hours or until pork is very tender.

With tongs, transfer pork to large bowl. Turn setting on slow cooker to high; cover and heat sauce to boiling to thicken and reduce slightly.

While sauce boils, with 2 forks, pull pork into shreds. Return shredded pork to slow cooker and toss with sauce to combine. Cover slow cooker and heat through on high setting if necessary.

Spoon pork mixture onto bottom of sandwich buns; replace tops of buns. Serve sandwiches with pickles, potato chips, and hot sauce if you like.

### COOKING INFO:

Prep Time 10 min  
Cook Time 9-11 hrs  
Total time --

NUTRITIONAL INFORMATION (per serving) Calories 475

Total Fat 26g  
Saturated Fat 9g  
Cholesterol 107mg  
Sodium 760mg  
Total Carbohydrate 29g  
Dietary Fiber 2g  
Sugars --  
Protein 31g  
Calcium --