

Prep time: 10-12 Hour

Cook time: 10-12 Hours

Serves: 10

Cost per serving: \$2.55

Utensils Needed:

Measuring Spoons

Small Bowl

Medium Bowl

Whisk

Crock Pot

Nutrition Facts

Serving Size

Servings Per Container 10

Amount Per Serving

Calories 190 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 340mg **14%**

Total Carbohydrate 5g **2%**

 Dietary Fiber 0g **0%**

 Sugars 4g

Protein 25g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Easy Slow Cooker Pulled Pork

Ingredients:

- 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

Directions:

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 barbeque sauce.

