

Slow Cooker Pulled Pork



Ingredients:

- 4 pounds pork shoulder or butt roast
- 2Tbsp paprika
- 2Tbsp brown sugar
- 1tsp black pepper
- ½ tsp cayenne pepper
- 1tsp garlic powder
- 1tsp onion powder
- ½ tsp salt
- ¼ cup apple cider vinegar
- ¾ cup water

Preparation:

1. Mix together the dry spices and rub into all sides of the pork.
2. Place vinegar and water in the bottom of slow cooker. Carefully add pork without washing off spices.
3. Cover and cook on low for 8 hours.
4. Remove pork and shred with two forks, discarding any large fatty pieces.
5. Add juices from slow cooker as desired.
6. Serve on buns, with rice or in tacos.

Yield =12 servings

Nutrients per serving: 285 Calories, 20g Protein, 3g Carbohydrates, 1g Fiber, 21g Fat, 159mg Sodium, 322mg Potassium, 203mg Phosphorus