

PULLED PORK

INGREDIENTS:

- ❖ Pork Tenderloin 2 1/2 lb.
- ❖ BBQ Sauce 1/2 Cup
- ❖ Garlic Powder 1 TBSP
- ❖ Onion powder 1 TBSP
- ❖ Liquid smoke 2 TBSP

METHOD:

1. Add pork to slow cooker on low heat
2. Add 1/4 cup BBQ sauce to pork and let cook for 4-5 hours.
3. Pull pork apart with two forks.
4. Add the rest of the BBQ sauce as well as the spices.
5. Let cook for another 1-2 hours.

Serve with baked beans.

Nutritional Info

Servings Per Recipe: 15

Amount Per Serving

Calories: 148.9

Total Fat: 4.5 g

Cholesterol: 59.2 mg

Sodium: 105.1 mg

Total Carbs: 4.7 g

Dietary Fiber: 0.1 g

Protein: 21.0 g

