Lane Fomby

Junior

Protein

Newton

Slow-Cooker Pulled Pork Sandwich

Ingredients:

5 pounds pork shoulder
1 cup water
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 40 oz bottle barbecue sauce
Hamburger buns

Directions:

1. Place pork shoulder in a crockpot (it should be thawed, not frozen). Add water to crockpot.
2. Season with salt, pepper, garlic powder, and onion powder.
3. Set crockpot setting to LOW.
4. Cook for 8-10 hours.
5. When meat is done, it will be fork tender. Use two forks to shred the meat.
6. Once meat is shredded, pour in barbecue sauce and mix together.
7. Scoop one cup of meat on hamburger bun.

Calories per serving (1 cup meat on 1 bun): 527 calories