

Asian Slow Cooker Pulled Pork Sandwiches

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Servings: 8

PULLED PORK

*2 1/2 pounds pork
tenderloin*

*1/2 cup fresh squeezed
orange juice (or water)*

1/2 cup apple butter

*1 teaspoon Chinese five-
spice blend*

3 tablespoons soy sauce

2 tablespoons sugar

1/4 cup water

1 tablespoon cornstarch

SLAW

*3 cups shredded slaw mix
(or cabbage)*

2 tablespoons olive oil

1 tablespoon rice vinegar

1 tablespoon soy sauce

2 teaspoons sugar

2 teaspoons toasted

sesame seeds

8 soft sandwich rolls

Preparation Time: 10 minutes

Cook Time: 3 hours 30 minutes

In a bowl, mix the orange juice, apple butter, five-spice, soy sauce and sugar.

Place the tenderloin and sauce mixture into a large slow cooker.

Cook on HIGH for 3-1/2 hours (or LOW for 5-1/2 hours).

In a bowl, mix the water and cornstarch. Add the mixture to the slow cooker. Heat for 10 minutes or until thickened.

Make the slaw: In a bowl, mix the slaw mix, olive oil, vinegar, soy sauce and sugar.

Refrigerate overnight.

Add the sesame seeds before serving.

Serve the pulled pork non soft sandwich rolls. Top with slaw.

Per Serving (excluding unknown items): 266 Calories; 9g Fat (29.4% calories from fat); 30g Protein; 16g Carbohydrate; trace Dietary Fiber; 92mg Cholesterol; 586mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 1 Other Carbohydrates.