

Carolina Pulled-Pork Sandwiches

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Servings: 8

Preparation Time: 15 minutes

Slow cooker time: 6 hours

PORK

1 (3 1/2 pound) boneless pork shoulder roast or picnic roast, skin removed and trimmed

1 teaspoon seasoned salt

1 teaspoon paprika

2 tablespoons canola oil

SAUCE

1 tablespoon canola oil

1 small onion, diced

1 cup vinegar

3/4 cup ketchup

1/3 cup packed light-brown sugar

2 tablespoons spicy brown mustard

8 seedless sandwich buns

COLESLAW

3/4 cup light mayonnaise

3 tablespoons cider vinegar

1 tablespoon sugar

1/4 teaspoon celery salt

1/4 teaspoon black pepper

1 bag (1 pound) deli shredded coleslaw mix

FOR THE PORK: Rub the pork all over with the seasoned salt and paprika. Heat the oil in a large skillet over medium-high heat. Brown the pork on all sides, 12 minutes.

FOR THE SAUCE: Heat the oil in a large saucepan over medium heat. Add the onion and cook for 5 minutes.

Stir in the vinegar, ketchup, brown sugar and mustard. Bring to a boil, then reduce the heat and simmer for 5 minutes.

Transfer the pork to a slow cooker. Add the sauce. Cover and cook on HIGH for 6 hours or LOW for 8 hours.

Meanwhile, prepare the coleslaw. In a medium bowl, whisk together the mayonnaise, cider vinegar, sugar, celery salt and black pepper. Stir in the coleslaw mix. Refrigerate until serving.

Remove the pork from the slow cooker and allow to cool slightly. With two forks or your hands, shred the meat, discarding the fat and bones. Stir the pulled pork into the sauce in the cooker.

Divide evenly among the sandwich buns, topping with the coleslaw, if desired.

Per Serving (excluding unknown items): 138 Calories; 10g Fat (58.2% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 600mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 1 Other Carbohydrates.