

Pork

Barbecue Spaghetti

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Servings: 4

Preparation Time: 45 minutes

Start to Finish Time: 2 hours 45 minutes

SEASONING MIX

1 cup paprika

1/4 cup granulated sugar

1 teaspoon onion powder

SPAGHETTI

1 3/4 cups ketchup

1/2 cup packed light brown sugar

1/4 cup granulated sugar

freshly ground pepper

1 1/2 teaspoons onion powder

1 1/2 teaspoons mustard powder

2 tablespoons fresh lemon juice

2 tablespoons Worcestershire sauce

1/2 cup apple cider vinegar

2 tablespoons extra-virgin olive oil

1 medium red or green bell pepper, diced

1 medium onion, diced

1 1/2 pounds pulled pork

Kosher salt

1 pound spaghetti

MAKE THE SEASONING MIX: Combine the paprika, sugar and onion powder in a small bowl. Store in an airtight container for up to six months.

MAKE THE BARBECUE SPAGHETTI: Combine the ketchup, both sugars, 1 1/2 teaspoons of pepper, onion powder, mustard powder, lemon juice, Worcestershire sauce, cider vinegar, 1/3 cup of the seasoning mix and one cup of water in a large pot or Dutch oven. Bring to a boil over high heat, stirring frequently to prevent the sauce from sticking to the pot. Reduce the heat to low and simmer, uncovered, for 1 hour.

Heat the olive oil in a large skillet over medium-high heat. Add the bell pepper and onion and cook, stirring, until the vegetables soften, about 5 minutes. Add the saute'ed vegetables and pulled pork to the sauce and continue to simmer for 1 more hour.

Bring a large pot of salted water to a boil. Cook the spaghetti as the label directs. Drain, then add to the pot with the sauce and toss.

Per Serving (excluding unknown items): 900 Calories; 13g Fat (12.0% calories from fat); 21g Protein; 188g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1349mg Sodium. Exchanges: 7 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 5 1/2 Other Carbohydrates.