
Slow Cooker Pork Barbecue

Mary Ellen Pierangelino

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

4 1/2 pounds boneless pork loin, cut into four chunks

1 large onion, chopped

water

2 tablespoons Worcestershire sauce

2 bottles (28 ounce ea) barbecue sauce

1 teaspoon liquid smoke flavoring

In a slow cooker, place one-half of the onions on the bottom of the slow cooker. Place the pork on top of the onions. Place the remaining onions over the top of the pork. Cover with water. Add the Worcestershire sauce.

Cook on HIGH for five hours.

Reduce the temperature to LOW. Continue to cook for two to three hours.

Remove the meat and shred with two forks.

Drain the water. Return the meat and onions to the slow cooker. Add the barbecue sauce and liquid smoke. Stir and cook for 30 to 60 minutes on HIGH.

Pork

Per Serving (excluding unknown items): 442 Calories; 9g Fat (18.8% calories from fat); 11g Protein; 79g Carbohydrate; 8g Dietary Fiber; trace Cholesterol; 4389mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fat; 5 Other Carbohydrates.