

Slow Cooked Spiced Pork

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Servings: 10

Preparation Time: 10 minutes

Start to Finish Time: 9 hours

1 three to four pound pork butt roast
1 tablespoon vegetable oil
1 tablespoon chili powder
2 teaspoons pepper
2 teaspoons cumin
2 teaspoons coriander
2 teaspoons paprika
1 teaspoon allspice
1/2 teaspoon salt
2 cloves garlic, minced
1 1/2 cups Heinz tomato ketchup
1 cup Heinz apple cider vinegar
1/2 cup molasses
1/3 cup Heinz yellow mustard
2 teaspoons cornstarch
soft rolls

Remove all string from the roast and trim away excess fat.

In a bowl, blend the oil, chili powder, pepper, cumin, coriander, paprika, allspice, salt and garlic to make a paste. Rub the paste all over the pork, working the spice mixture into the meat well.

Marinate for at least 30 minutes. Transfer the roast to a crock pot.

Blend the ketchup with the vinegar, molasses and mustard.

Pour the mixture over the roast and cook on LOW for 8 to 10 hours or until very tender.

Transfer the roast to a large bowl. Discard any visible fat. Use two forks to separate the meat into long strands. Cover the bowl and keep warm.

Remove the cooking juices and strain.

Place the juices in a saucepan. Whisk in the cornstarch and bring to a boil. Cook, stirring until thickened and bubbling.

Place the shredded meat and sauce back into the crockpot to keep warm.

Serve the meat on soft rolls.

Per Serving (excluding unknown items): 65 Calories; 2g Fat (21.8% calories from fat); trace Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 122mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.