

Slow-Cooked Pulled Pork

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2/3 Cup Lea & Perrins Worcestershire sauce

1/2 cup ketchup

1/4 cup firmly packed brown sugar

1/4 cup tomato paste

1 medium white onion, chopped

2 tablespoons yellow mustard

2 tablespoons white vinegar

3 1/2 pounds boneless pork shoulder, trimmed and cut into four pieces

In a 6-quart slow cooker, mix the Worcestershire, ketchup, brown sugar, tomato paste, onion, mustard and vinegar,.

Once combined, add the pork, turning to cover.

Cook on LOW for 8 to 10 hours. (Ensure the internal temperature reaches at least 165 degrees.)

Remove the pork and shred with two forks.

Return pork to slow cooker and stir into the sauce.

To serve, spoon 1/2 cup onto a sandwich bun.

Per Serving (excluding unknown items): 454 Calories; 2g Fat (4.1% calories from fat); 7g Protein; 112g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 2341mg Sodium. Exchanges: 0 Lean Meat; 4 Vegetable; 0 Fat; 6 Other Carbohydrates.