

Sweet & Tangy Pulled Pork

Megan Klimkewicz

Taste of Home Shortcuts Issue - August/September 2011

Servings: 12

Preparation Time: 15 minutes

Cook time: 8 hours

You can substitute 1/4 cup of chicken broth for the soy sauce.

1 (3 to 4 pound) boneless pork shoulder butt roast

1 jar (18 oz) apricot preserves

1 large onion, chopped

2 tablespoons reduced-sodium soy sauce

2 tablespoons Dijon mustard

hamburger buns (optional), split

Cut the roast pork in half.

Place the roast pieces in a 4 to 5-quart slow cooker.

Combine the preserves, onion, soy sauce, and mustard. Pour over the roast.

Cover and cook on LOW for 8 to 10 hours or until the meat is tender.

Remove the meat and cool slightly.

Skim the fat from the cooking juices.

Shred the pork with two forks and return to the slow cooker. Heat through.

Serve on buns, if desired.

Per Serving (excluding unknown items): 11 Calories; trace Fat (9.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 132mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.