



Slow Cooker Pulled Pork

Searing the meat before adding it to the crockpot is the key to making it mouthwatering delicious!

Prep Time: 15 min.

Cook Time: 6 hrs.

Ready In: 6 hrs. 15 min

Serving Size: 5 servings

Ingredients

- ✓ 2 Tbsp. Cajun spice
- ✓ 2 Tbsp. crushed black pepper
- ✓ ½ medium onion chopped
- ✓ 2 cloves of garlic minced
- ✓ 4 Tbsp. Teriyaki
- ✓ 2 Tbsp. Soy Sauce
- ✓ 2Tbsp. Rice Vinegar
- ✓ 32 oz. Beef broth
- ✓ 4 Tbsp. Olive oil
- ✓ ¼ BBQ Sauce
- ✓ 1 pound pork tenderloin

Directions

1. Place pork roast in an oven safe pan and rub both sides with olive oil. Add crushed black pepper and Cajun seasoning to lightly cover each side of meat. Broil meat in oven, check progress every 2 to 3 minutes and remove when the meat is fully browned and the spices have blackened slightly.
2. In a slow cooker add the beef broth, Teriyaki, Soy sauce, Vinegar, Onions and Garlic. Stir and add the pork roast. Cook on low for roughly 6 to 8 hours, or until you can easily pull it apart with a fork and is fall apart tender.
3. Place the meat in a medium bowl and separate with a forks into small pieces. Add BBQ sauce of choice to the meat and thoroughly mix with a fork.

Nutrition

Amount per serving

- ❖ Calories: 280
- ❖ Total Fat: 11 g
- ❖ Total Carbs: 11 g
- ❖ Protein: 32 g
- ❖ Cholesterol: 71 mg
- ❖ Sodium: 2,947 mg
- ❖ Potassium 688 mg