

Hot Pork Sandwich

Geri Gallus - Dayton's Minneapolis

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

3 to 4 pound pork shoulder roast

1 large onion, chopped

1 1/2 teaspoons salt

1/4 teaspoon pepper

SAUCE

1 bottle (28 ounce) ketchup

1/4 cup vinegar

1 medium green bell pepper, cut up

1 small onion, cut up

2 tablespoons sugar

2 teaspoons dry mustard

1 teaspoon salt

1 teaspoon cinnamon

3/4 teaspoon ground cloves

1/4 teaspoon pepper

Buns (for sandwiches)

In a skillet, cook the pork with the onion, 1-1/2 teaspoons of salt and 1/4 teaspoon of pepper until the meat is tender, two to three hours. Cool. Cut into small pieces.

In a large saucepan, combine the ketchup, vinegar, green pepper, onion, sugar, mustard, salt, cinnamon, cloves and pepper. Heat to boiling. Reduce the heat.

Simmer for 25 minutes.

Add the pork. Heat thoroughly.

Serve in the buns.

Pork, Sandwiches

Per Serving (excluding unknown items): 433 Calories; 17g Fat (34.0% calories from fat); 19g Protein; 56g Carbohydrate; 6g Cholesterol; 5575mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 3 1/2 Vegetable; 2 Fat; 2 Other Carbohydrates.