
Pulled Pork (Slow Cooker)

Margaret Howlett

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4 pounds pork shoulder roast
2 medium onions, thinly sliced
1 bottle beer
16 ounces barbecue sauce
1 cup onion, chopped
salt (to taste)
pepper (to taste)
buns
cole slaw

Place one-half of the sliced onion in the bottom of a slow cooker. Add the pork, beer and the rest of the sliced onion.

Cover and cook on LOW for eight to ten hours or on HIGH for four to five hours. Drain the liquid from the slow cooker.

Place the meat back into the slow cooker and shred the pork. Add the barbecue sauce and chopped onion.

Cover and cook on LOW for an additional four hours. Stir occasionally.

Serve on warmed split buns with cole slaw.

Yield: 8 to 10 servings

Pork

Per Serving (excluding unknown items): 3845 Calories; 254g Fat (61.9% calories from fat); 248g Protein; 104g Carbohydrate; 13g Dietary Fiber; 967mg Cholesterol; 4611mg Sodium. Exchanges: 32 1/2 Lean Meat; 5 1/2 Vegetable; 30 Fat; 4 Other Carbohydrates.