
Slow Cooker BBQ Pork

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 6 hours 10 minutes

Prepare this recipe a day ahead. Cool and refrigerate for several hours. Remove and discard any solidified fat before reheating.

1 three- to four-pound shoulder pork roast

1 bottle (18 ounce) barbecue sauce

1 can (12 ounce) cola soft drink

Place the pork roast in a six-quart slow cooker. Pour the BBQ sauce and the cola over the roast.

Cover and cook on HIGH for six to seven hours or until the meat is tender and shreds easily. Serve on buns with slaw or over hot cooked cornbread.

NOTE: If you don't have a slow cooker, preheat the oven to 350 degrees. Place the roast in a lightly greased Dutch oven. Stir together the BBQ sauce and the cola. Pour over the roast. Before placing the lid on the Dutch oven, cover the roast with a double layer of aluminum foil. Bake in the preheated oven, lightly covered, until tender, about 3-1/2 hours.

Pork, Slow Cooker

Per Serving (excluding unknown items): 31 Calories; 1g Fat (21.7% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 340mg Sodium. Exchanges: 1/2 Other Carbohydrates.