



Easy Pulled Pork

Ingredients (Makes 8 servings):

1 medium onion, thinly sliced
2 tbsp brown sugar
1 tbsp paprika
1 tsp salt
1/2 tsp freshly ground black pepper
3 lbs pork tenderloin, trimmed
6 tbsp cider vinegar
1 cup low-sodium chicken broth
2 tsp Worcestershire sauce
Red pepper flakes to taste
1 tsp sugar
1 tsp dry mustard
1/2 tsp cayenne pepper

Directions:

Place onion in a slow cooker. In a small bowl, combine brown sugar, paprika, salt, and pepper, mixing thoroughly. Rub the mixture on the meat, coating evenly.

Place the pork in the slow cooker.

In a medium bowl, combine the vinegar, chicken broth, Worcestershire sauce, red pepper flakes, sugar, mustard, and cayenne pepper, mixing thoroughly.

Add to the slow cooker. Cover and cook on low for 8 to 10 hours. Remove the meat.

Using two forks, shred the meat and onions coarsely and discard the fat.

Per serving:

Calories: 200
Protein: 33g
Carbohydrate: 7g
Fiber: 0g
Fat: 4g
Saturated fat: 1g
Cholesterol: 100mg
Sodium: 397mg