

SLOW COOKER PULLED PORK

INGREDIENTS

8 pound bone-in pork shoulder
1 1/4 cups bone broth
1 bottle Primal Kitchen Classic or Golden BBQ Sauce

1 tbsp salt
1 tbsp pepper

PROCEDURE

Season the meat on all sides with salt and pepper.

Place the pork in the slow cooker. Pour the bone broth over the meat, put the lid on, and seal.

Cook on low for 10 hours. When the meat is done, carefully remove the meat from the slow cooker.

Reserve 1 cup of the cooking liquid and store any remaining in a mason jar in the refrigerator or in a freezer-safe airtight container or bag to use in soups, stews, or to sip.

Place the pork back into the slow cooker. Shred the meat with two forks and remove the bone. Add the reserved cooking liquid on top of the meat. Add Primal Kitchen BBQ Sauce, place the lid back on, and cook on low for another 30 minutes.

NATURAL HEALTH

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