

Ancho Chile Rubbed and Pulled Pork

Serves 8

Times:

10 minutes prep time

300 minutes cook time

Ingredients:

2 pounds boneless pork butt or 4 pound bone-in pork butt

1 cup chicken stock

8 cloves garlic

Ingredients - Ancho Chile Rub:

1/4 cup ancho chile powder

1 tablespoons paprika

2 teaspoons ground black pepper

2 teaspoons dry mustard

2 teaspoons ground coriander

2 teaspoons dried oregano

1 teaspoon ground cumin

1 teaspoon chile powder

1 teaspoon salt

1 teaspoon Worcestershire powder

Cooking Directions:

Combine all ingredients for rub; set aside. Cut each pork butt in half. Rub 1/4 of the rub over the pork butt, covering generously. Store remaining rub in an airtight container and save for another use. Meanwhile, line roasting pan with aluminum foil, leaving enough on the ends to fold up and seal; place pork in the center of the foil. Pour chicken stock and garlic cloves over pork. Bring the edges of the foil together and fold to seal. Cover roasting pan with another piece of foil. Bake at 300 degree F for 5 hours. Cool slightly; shred.

Serving Suggestions:

Serve with fresh rolls, potato salad and vegetable mix.

Nutrition:

Calories: 251 calories

Protein: 27 grams

Fat: 14 grams

Sodium: 280 milligrams

Cholesterol: 93 milligrams

Saturated Fat: 5 grams

Carbohydrates: 2 grams

Fiber: grams

Random Leftover Tip:

Make a salad with leftover pork!

Recipe courtesy of:

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