

## Pulled Pork Sliders with Hass Avocado and Caramelized Onion

Makes 8 (16 sliders) servings

*This recipe is convenient for entertaining as most of the preparation can be done up to 5 days in advance. It is recommended that the Pulled Pork be prepared at least 1 day in advance.*

### Times:

20 minutes prep time

150 minutes cook time

### Ingredients: Pulled Pork

1 pound boneless pork shoulder roast, well trimmed of visible fat

1/2 teaspoon paprika

1/2 teaspoon ground cumin

1/4 teaspoon cinnamon

1/2 teaspoon kosher salt

1/4 teaspoon black pepper

1 tablespoon olive oil

1 small onion, chopped

1 1/3 cups apple juice

1/3 cup barbecue sauce

1 teaspoon chipotle chile in adobo sauce, finely chopped

### Ingredients: Sliders:

2 teaspoons olive oil

1 small yellow onion, thinly sliced into rings

1 teaspoon balsamic vinegar

1/4 teaspoon kosher salt

2 ripe Hass avocados, seeded, peeled and cut into 1/4-inch thick slices

2 tablespoons lemon juice

16 small dinner rolls, sliced in half

16 slices Gouda cheese, thin sliced, cut to fit rolls

### Cooking Directions:

Up to 5 days before serving, combine paprika, cumin, cinnamon, salt and pepper. Lightly sprinkle some of the seasoning on the pork roast. Keep pork roast covered and refrigerated until cook time.

Heat oil in a 2-quart pot with tightly covered lid over medium-high heat. Place pork roast in pan. Cook pork roast for 3-4 minutes or until browned. Turn and cook an additional 3-4 minutes or until browned; remove from pan. Add onion and garlic to pan, stir and cook until golden brown. Stir in apple juice and remaining seasonings. Return pork roast to pan. Bring liquid to a boil; then reduce heat to a gentle simmer. Cover tightly and simmer over low or medium-low heat for 1 1/2 - 2 hours or until internal temperature reaches 160 degrees F. The meat should be very tender. Remove pork roast from pan and let rest for 5-10 minutes or until cool enough to handle. Pour pan juices into a bowl; cover and refrigerate. Shred pork roast, removing small amounts of fat as needed; cover and refrigerate for up to 3 days.

On the day the sliders are to be served, remove pan juices from refrigerator and skim off fat. Pour into small pot; bring to a boil. Stir in barbecue sauce and chipotle peppers. Mix in shredded pork meat and heat through. Keep warm until sliders are assembled.

For sliders, in a medium skillet, heat oil over medium-high heat. Add onion and stir, cooking for 6 minutes. Mix in vinegar and salt. Cook and stir an additional 3 minutes. Remove from pan. Cut each avocado slice in half and toss with lemon juice.

To prepare sliders, top the bottom half of a roll with 1 heaping tablespoon of Pulled Pork, a slice of cheese, several cooked onions and four half slices of avocado. Add the roll top. Repeat process with all sliders.

\*Alternative cooking method using slow-cooker is also suggested. Prepare recipe as directed, except once pork has been browned, transfer pork to a 4- to 6-quart electric slow cooker. Add onion and garlic to pan drippings in skillet. Cook and stir for 3-4 minutes or until golden brown. Add apple juice; bring to boil. Remove from heat and pour juice-onion mixture over pork in slow cooker. Cover and cook on low setting for 2 1/2-3 hours or until meat is very tender and falling apart. Continue recipe as directed. \*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

**Nutrition:**

Calories:	610 calories
Protein:	32 grams
Fat:	30 grams
Sodium:	1740 milligrams
Cholesterol:	100 milligrams
Saturated Fat:	12 grams
Carbohydrates:	50 grams
Fiber:	6 grams