

Unforgettable Pulled Pork
Makes 6 cups pork mixture total
Serves 9 (3/4 cup per serving)

Times:

10 minutes prep time
160 minutes cook time

Ingredients:

3 pounds pork shoulder blade roast, (Boston butt)
4 quarts water
2 tablespoons butter
1 cup onion, finely chopped
1 cup red bell pepper, finely chopped
1 cup green bell pepper, finely chopped
2 1/2 cups barbecue sauce

Cooking Directions:

Bring water to boil in a large stockpot over high heat, add pork, return to a boil; reduce heat, cover and simmer 2 1/2 hours or until tender. Remove from water and cool slightly. Using a fork, pull meat away from bones and shred.

Melt butter in a large skillet over medium heat. Cook onion and peppers until tender, stirring frequently. Add barbecue sauce and simmer 10 minutes. Add pork to barbecue mixture, cook 5 minutes to heat thoroughly, stirring occasionally.

Serving Suggestions:

Serve on whole wheat buns.

Nutrition:

Calories: 330 calories
Protein: 22 grams
Fat: 14 grams
Sodium: 750 milligrams
Cholesterol: 75 milligrams
Saturated Fat: 6 grams
Carbohydrates: 26 grams
Fiber: 1 grams