
Slow-Cooked Pulled Pork Sandwiches

Total time: 2 hrs 30 min Yield: 12 sandwiches

Ingredients

cooking oil
3 lb pork butt (cut into 4" chunks)
1 green pepper (chopped)
2 large onions (chopped)
2 Tbsp chili powder
1 Tbsp paprika
1 tsp cayenne pepper
3 clove garlic (minced)
1 small can tomato paste
1/4 cup cider vinegar
1/4 cup brown sugar
2 Tbsp wet mustard (or 1 tablespoon dry)
1 Tbsp Worcestershire sauce
2 Tbsp salt
1 cup water
1 pkg of your favorite sandwich buns

Prep Time: 2 hrs 30 min Total Time: 2 hrs 30 min

Instructions

Preheat the oven to 300° F. Heat an ovenproof pot on medium-high heat. When it's hot, add the oil and sear the pork butt on all sides until it is lightly browned. Remove the meat from the pan, lower heat to medium, and add the green pepper and onions to the pan drippings. Sprinkle in the chili powder, paprika and cayenne pepper. Cook for 4 to 5 minutes until the onions start to turn translucent. Stir in the remaining ingredients including the pork, and bring to a boil. Cover and bake in the oven for 2 to 3 hours, until the pork is tender, Remove from the oven and shred using two forks, Place the shredded meat back into the sauce. Serve on sandwich buns. Note: The pork may be cooked in a slow cooker for 6 to 8 hours.

Recipe brought to you by:

Chef Joanne Chang

Source:

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