

Slow Cooker Pulled Pork

Guy tried this out on Monday, popped the pork in the slow cooker at lunch, and we came in to a delicious smelling kitchen. We ate it with mash and homemade coleslaw. Delicious.

We used 1kg pork shoulder and it was devoured by 4 hungry Tudges!

Ingredients

1 onion, finely chopped
170 g ketchup
3 tbsp. tomato paste
60 ml apple cider vinegar
1 tsp. paprika
1 tsp. garlic powder
1 tsp. mustard powder
1 tsp. cumin
1 (1.3 - 1.4kg) pork shoulder, trimmed of excess fat
Salt
Freshly ground black pepper
Coleslaw, for serving
Buns, for serving

Directions

Step 1

Combine onion, ketchup, tomato paste, apple cider vinegar and spices in the bowl of a slow cooker. Season pork shoulder all over with salt and pepper then add to slow cooker, covering it with ketchup mixture. Cover and cook until very tender (the meat should fall apart easily with a fork!), on HIGH for 5 to 6 hours or on LOW for 8 to 10 hours.

Step 2

Remove pork from slow cooker and transfer to bowl. Shred with two forks and toss with juices from the slow cooker. Serve on buns with coleslaw.