



PULLED PORK

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EACH BATCH MAKES 12 SERVINGS.

INGREDIENTS	X1	X2	X3	X4
Medium onion, peeled, cut in half and thinly sliced	2	4	6	8
Gluten free ketchup	1/2 cup	1 cup	1 1/2 cups	2 cups
Cider vinegar	1/4 cup	1/2 cup	3/4 cup	1 cup
Packed brown sugar	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Tomato paste	1/4 cup	1/2 cup	3/4 cup	1 cup
Pakrika	1 1/2 tablespoons	3 tablespoons	4 1/2 tablespoons	6 tablespoons
gluten free Worcestershire sauce	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Gluten free prepared mustard	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Cloves garlic, minced	4	8	12	16
Ground black pepper	1 1/2 teaspoons	1 tablespoon	1 1/2 tablespoons	2 tablespoons
Fresh boneless pork roast, cut into 1 lb pieces	3 pounds	6 pounds	9 pounds	12 pounds

In 4 1/2- to 6-quart slow-cooker pot, stir onion, ketchup, vinegar, brown sugar, tomato paste, paprika, Worcestershire, mustard, garlic, and pepper until mixed well. Add pork to sauce mixture turning to coat well with sauce. Cover slow cooker with lid and cook on low setting, 8 to 10 hours or until pork is very tender.

Transfer pork to large bowl or rimmed platter. Pour juices from the slow cooker into a saucepan. Heat sauce on medium-high heat until boiling. Stirring often, allow sauce to reduce slightly and thicken.

While sauce boils, pull pork into shreds with 2 forks discarding any fat that needs to be removed. Return shredded pork to slow cooker and toss with thickened sauce to combine. Allow to cool. Package in freezer bags, remove as much air as possible, seal, label and freeze.

To serve: Thaw. Warm until heated through. Spoon pork mixture onto baked sweet potatoes or gluten free sandwich buns. Serve sandwiches with pickles, potato chips, and gluten free hot sauce if you like.