

Honey BBQ Pulled Pork

SERVES: 8-10 servings | PREP TIME: 15 minutes | COOK TIME: 8-10 hours (on low) | TOTAL TIME: 8-10 hours 15 minutes

INGREDIENTS

- 4-5 lb pork shoulder (also called pork butt)
- 1 tablespoon olive oil
- 1 large onion, sliced
- 4 cloves garlic, minced
- 1 cup BBQ sauce (your favorite)
- 1/2 cup honey
- 1/4 cup apple cider vinegar
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder (optional, for a little heat)
- 1 teaspoon salt
- 1 teaspoon black pepper
- Hamburger buns or slider buns
- Coleslaw (optional, for topping)
- Pickles (optional, for topping)

DIRECTIONS

Step 1: Heat olive oil in a skillet over medium heat. Sear the pork shoulder on all sides until browned (this adds flavor but can be skipped if you're short on time).

Step 2: Place the sliced onion and minced garlic in the bottom of a slow cooker.

Step 3: In a bowl, whisk together BBQ sauce, honey, apple cider vinegar, brown sugar, Worcestershire sauce, Dijon mustard, smoked paprika, chili powder (if using), salt, and pepper.

Step 4: Place the seared pork on top of the onions and garlic. Pour the sauce mixture over the pork.

Step 5: Cover and cook on low for 8-10 hours, or until the pork is tender and easily shreds with a fork.

Step 6: Remove the pork from the slow cooker and shred with two forks. Return the shredded pork to the slow cooker and stir to coat in the sauce.

Step 7: Serve on buns with coleslaw, pickles, or your favorite toppings. Enjoy!

Contains: *fish, soy, wheat*