

BBQ-Style Pulled Pork – by Paula Hendricks, Nutrition Consultant

This tasty dish is great to serve at your next outdoor event. It is easy to make using a slow cooker or crock pot. While pork can be a bit fatty, don't be concerned; the fat adds delicious flavor. We have omitted the sugar that is typical in BBQ sauce and replaced it with spices and a little non-nutritive sweetener. Serve the pork in “lettuce boats” with a little cheddar cheese sprinkled on top. Enjoy on any of the Key Diets.

Ingredients:

- One 3-pound pork loin roast, shoulder, etc.
- One cup chopped onion
- One 15 oz. can of tomato sauce
- 2-4 garlic cloves, chopped
- 2 T. Beef and Burger seasoning (Made in Napa Valley) or a dry BBQ seasoning of your choice
- 3 packets Truvia, Splenda or other non-nutritive sweetener
- 1 tsp. Worcestershire sauce



Instructions:



In a slow cooker, pour the tomato sauce in the container and add all other ingredients. Add the whole pork roast or cut into thirds. Turn the cooker on to high, put the lid on and set timer for 6-8 hours depending on your machine.

If possible, check the meat in 2-3 hours and mix - not necessary though. If the pork is cut, it will be done in about 6 hours. If not, 8 hours. When the roast is done, take a large fork and pull the pork apart until the meat is completely shredded. Mix it with the sauce and let simmer on low until ready to serve.

You can serve this meal in “lettuce boats” or in a bowl with some cheese sprinkled on top. Want it spicier? Add some prepared horseradish or cayenne pepper. Sweeter? Add a few more packets of non-nutritive sweetener.

Nutritional Analysis: Each 6 ounce serving contains approximately 35 grams of protein. You will need to weigh your serving size to ensure you get the right amount of protein.

