



HEALTHY SLOW COOKER PULLED PORK

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Ingredients:

- 4-6 pound boneless **pork shoulder roast**
- 2 tablespoons cooking oil (I use avocado oil, but grapeseed or vegetable oil will work too)
- 1 large onion, diced
- 4 cloves garlic, crushed
- 3 tablespoons tomato paste
- 3 tablespoons maple syrup
- 1 tablespoon soy sauce (or gluten-free tamari)
- 2 tablespoons chili powder
- ¼ cup apple cider vinegar
- ½ cup water
- Salt and pepper, to taste

Directions:

1. Use paper towels to pat the pork shoulder dry. Place the shoulder into a slow cooker.
2. Heat the cooking oil in a medium-sized skillet set over medium-high heat. Add the onions and garlic and sauté, stirring frequently, until the onion is nice and soft.
3. Stir in the tomato paste, maple syrup, soy sauce (or tamari), chili powder and apple cider vinegar. Cook until most of the vinegar has evaporated and the mixture has thickened, about 5-10 minutes.
4. At this stage, you can transfer the mixture to a small container and refrigerate overnight OR proceed with the next step.
5. Rub the onion mixture all over the pork shoulder, then pour the water into the slow cooker.
6. Cover and cook on LOW for 8-10 hours or until the meat is very tender.
7. Use two forks to pull the meat apart, then stir it into the cooking juices.
8. Season with salt and pepper, to taste.
9. Serve over quinoa or rice, on a soft roll, or wrapped in corn tortillas.