

BEYOND HUNGER

“PULLED” BBQ PORK

This recipe uses are canned, ground pork for an authentic BBQ pulled pork flavor! You will create your own homemade BBQ sauce in this recipe, which you can customize by increasing or decreasing the spices to your preference. Enjoy!

Yield: 4-6 servings

Ingredients:

- 1 Tbsp oil
- 1 medium onion, chopped
- 4 large cloves garlic, crushed or finely chopped
- ¾ cup ketchup
- 3 Tbsp brown sugar
- 2 Tbsp molasses (omit if you wish)
- 2 tsp yellow mustard or 1 teaspoon dry mustard
- 2 Tbsp vinegar
- 2 Tbsp chili powder
- ½ cup water
- 24 ounce can ground pork, drained and fat removed
- 2 pinches salt (or salt to your taste), optional

Instructions:

1. Heat a large skillet over medium heat and add oil & chopped onions. Cook for 4-5 minutes or until soft.
2. Add garlic and cook about 1 minute.
3. Add ketchup, brown sugar, molasses, mustard, vinegar, chili powder, and water. Add the pork and simmer for about 10 minutes or until most of the water has cooked out of the pan. Taste pork mixture; add salt to your taste, if desired.
4. Serve on soft hamburger buns.