



Marjie C. Andrejciw, MT (ASCP) MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifenutrition.net

Crockpot Pulled Pork

Ingredients:

- 3 to 3 1/2 lbs pork shoulder
- 1 onion, peeled and quartered
- 2 tbsp paprika
- 1 tbsp sea salt
- 1 tsp fresh ground black pepper
- 1/2 tsp cayenne pepper
- 1 tbsp garlic powder
- 1 tsp dried thyme
- 1 tsp onion powder
- 1/4 cup red wine vinegar or raw apple cider vinegar
- 1/4 cup raw honey

PREPARATION:

1. In a small bowl, mix spices, vinegar and honey into a paste.
2. Put the onion in the crockpot and place the pork on top. Then pour the honey mixture over the pork - make sure to get the sides.
3. Turn the crockpot on low and cook for 8 hours or until the pork is tender and shred with a fork.
4. Serve warm. Try with large lettuce leaves and top with coleslaw for a healthy pulled pork taco!

Serves 6-8