

NORTH CAROLINA

Pulled Pork BBQ Sandwich

serves 10

INGREDIENTS:

- 2 medium onions cut into thin wedges
- ½ cup water
- 1 (2 pound) boneless pork sirloin roast
- ½ tsp chili powder
- ½ tsp ground black pepper
- ¼ tsp garlic powder
- ¼ tsp ground cumin
- 1 cup barbeque sauce
- ¼ cup cider vinegar
- 1 TBSP honey
- ¼ tsp ground ginger
- ¼ ground cumin
- 10 whole wheat hamburger buns, split and toasted



DIRECTIONS:

1. In a 3 ½ or 4 Quart slow cooker, combine onions and the water, set aside. Trim fat from meat. If necessary, cut meat to fit into cooker. In a small bowl, combine chili powder, pepper, garlic powder, and ¼ tsp cumin. Sprinkle mixture evenly over all sides of meat; rub in with your fingers. Place meat in cooker.
2. Cover and cook on low-heat setting for 8-9 hours or on high-heat setting 4 to 4 ½ hours. Using slotted spoon, remove meat and onions from cooker. Using two forks pull meat apart into shreds.
3. In a large saucepan, combine barbeque sauce, vinegar, honey, ginger and ¼ tsp cumin. Heat through. Add shredded meat. Toss gently to coat. Fill each bun with 1/3 cup of the meat mixture and some onions.

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