

SCD Slow Cooker Pulled Pork

SCD entrée



Ingredients:

3 pounds Pork Roast, boneless
1 Tbls Cayenne pepper
2 Tbls Sea salt
1 Tbls Black pepper

BBQ sauce, SCD

Directions:

- 1.) In a small mixing bowl, combine spices together.
- 2.) Place pork roast into slow cooker and cover with spices.
- 3.) Cover and cook on Low for **8 hours**.
- 4.) Turn off cooker. Remove roast to shred.
- 5.) Discard drippings.
- 6.) Return shredded pork roast to slow cooker. Stir in BBQ sauce.
- 7.) Heat on High for 1 hour.

Notes / Suggestions:

- 1.) Makes 12 – 16 servings (1/4 – 1/3 pound per person).