

# PULLED PORK

Enjoy this mouthwatering and tender pulled pork that will be a hit at any dinner, dish with friends, potluck, etc. This goes perfectly with my cabbage slaw and pickled veggies.

SERVINGS	SERVING SIZE	TIME TO MAKE
10-12	~4-6 OZ* (shrinking factor)	15 MINUTES + 6-8 hours cooking

## INGREDIENTS

- 4# Sirloin Tip Pork Roast (Shoulder Cut is best)
- 1 Onion, sliced or chopped
- 7 cloves Garlic, minced
- 1-2 Tablespoon Olive Oil
- 12 oz Beer\*, Amber
- 1 tsp Dried Garlic
- 1 Tablespoon Dried Minced Onion
- 1 tsp Salt
- 1 tsp Pepper

## DIRECTIONS

1. If using an Instant Pot, Pressure Cooker, or Dutch Oven, place on medium heat
2. Coat pork with dried garlic, dried onion, salt and pepper
3. Add olive oil to pot, add sliced onions and fresh garlic. Cook for 2-3 minutes.
4. Add pork and sear pork for 2 minutes on each side or until roast has a browned
5. Slowly add beer and place lid on pot.
6. Slow cook for 6-8 hours, turning roast a few times (optional)
7. Pressure Cook for 60 minutes to really tenderize, you can do 30 minute intervals to check as well
8. Roast is done with the pork easily pulls apart with fork
9. This can be enjoyed as is, draining the liquid, and/or adding a special barbeque sauce
10. Enjoy!

Nutritional Information per serving: 250 Calories, 12 grams Fat, 4 gram Saturated Fat, 101 mg Cholesterol, 310 mg Sodium, 2 grams Total Carbohydrates, 0 gram Fiber, 1 grams Sugar, 30 grams Protein, 0% Vitamin A, 3% Vitamin C, 2% Calcium, 11% Iron