

Slow Cooker Pulled Pork

Prep Time: 15 minutes

Cook: 6 hours

Serves: 8

Ingredients

1 teaspoon vegetable oil
1 (1.8kg) pork shoulder
230ml barbeque sauce
120ml cider vinegar
120ml chicken stock
50g light brown sugar
1 tablespoon yellow mustard
1 tablespoon Worcestershire sauce
1 tablespoon chilli powder
1 extra large onion, chopped
2 large cloves garlic, crushed
1 1/2 teaspoons dried thyme

Method

Pour the oil into the bottom of a slow cooker. Place the pork shoulder into the slow cooker; pour in the barbecue sauce, apple cider vinegar and chicken stock. Stir in the brown sugar, mustard, Worcestershire sauce, chilli powder, onion, garlic and thyme. Cover and cook on High until the pork shreds easily with a fork, 5 to 6 hours.

Remove the pork from the slow cooker and shred the pork using two forks. Return the shredded pork to the slow cooker and stir well.