

Pork BBQ



PREP TIME:
10 MINUTES

COOK TIME:
6 HOURS

TOTAL TIME:
6 HOURS, 10 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 6-8 Servings

Pork Ingredients:

- 2.5 lb. Organic Pork Shoulder
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 ½ teaspoons sea salt
- 1 teaspoon dried thyme
- 1 ½ teaspoon dried paprika
- ¼ teaspoon cracked black pepper
- ¼ teaspoon dried cayenne pepper (add more for spicier)
- Olive Oil Spray

Instructions:

1. Remove pork from packaging and pat dry.
2. Lightly spray the bottom of the crockpot with olive oil.
3. Place the pork into bottom of crockpot.
4. Combine all dry ingredients into a small bowl. Whisk until completely blended.
5. With your hands drizzle the seasoning mix onto all sides of the pork shoulder covering evenly.
6. Turn on crockpot to low setting.
7. **Allow to cook on low for 6 to 6 ½ hours.**
8. **Remove pork from crockpot and drain remaining liquid into a separate bowl. Discard liquid safely.**
9. **Add pork back to crockpot and pull apart until completely shredded.**
10. **Add 1 ½ - 2 Cups BBQ sauce to meat and mix until coated.**
11. **Optional: Add ¼ teaspoon crushed red pepper seeds.**

Honey BBQ Sauce Ingredients (makes 1 ½ cups):

- ½ Cup Unsweetened Ketchup (recommend “Good Food For Good”)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 TBSP Coconut Aminos
- ¼ teaspoon sea salt
- 1 TBSP Balsamic Vinegar
- 1 TBSP Gluten Free Worcester Sauce
- ¼ Cup Filtered Water
- 1 TBSP Raw Honey

Instructions:

1. In a medium bowl add all above ingredients from ketchup through honey.
2. Mix with a wire whisk until completely blended.
3. Use as a mix in for pork BBQ, slather on top of grilled chicken or steak.
4. Can be refrigerated for up to 1 week.

***Try and use all organic ingredients if possible.**

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