

# Barbecue Shredded Pork Sandwiches

*Built to feed and please a hungry crowd, these pulled pork sandwiches have a down-home barbecue flavour.*

Boneless pork shoulder butt roast	3 lbs.	1.4 kg
Can of tomato sauce	14 oz.	398 mL
Brown sugar, packed	1/2 cup	125 mL
Ketchup	1/2 cup	125 mL
Medium onion, chopped	1	1
Apple cider vinegar	1/3 cup	75 mL
Garlic cloves, minced (or 1 tsp., 5 mL, powder)	4	4
Worcestershire sauce	1 tbsp.	15 mL
Chili powder	2 tsp.	10 mL
Dry mustard	2 tsp.	10 mL
Salt	1 tsp.	5 mL
Pepper	1/2 tsp.	2 mL
Dried crushed chilies	1/2 tsp.	2 mL
Crusty rolls, split (toasted, optional)	12	12

Place roast in 3 1/2 to 4 quart (3.5 to 4 L) slow cooker.

Combine next 12 ingredients in medium bowl. Pour over roast. Cook, covered, on Low for 10 to 12 hours or on High for 5 to 6 hours. Transfer roast to cutting board. Cool slightly. Shred roast with 2 forks. Skim and discard fat from surface of liquid in slow cooker. Pour remaining liquid into large frying pan. Bring to a boil on medium. Boil gently, uncovered, for 12 to 15 minutes until thickened to a pasta sauce consistency. Add pork. Stir.

Serve pork mixture in rolls. Makes 12 sandwiches.

*1 sandwich: 311 Calories; 6.1 g Total Fat (2.3 g Mono, 0.6 g Poly, 1.7 g Sat); 71 mg Cholesterol; 36 g Carbohydrate; 2 g Fibre; 29 g Protein; 843 mg Sodium*

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