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▶▶▶▶ January 2013 ◀◀◀◀

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Shredded Pork Sandwiches

Prep Time: 20 mins

Cook Time: 4 h

Total Time: 4 h 20 mins

Ingredients

- 1 1/2 teaspoon garlic powder
- 1 1/2 teaspoon onion powder
- 1 1/2 teaspoon pepper, black ground
- 1 teaspoon celery salt
- 3 pounds pork, boneless shoulder roast
- 2 large onion(s), cut into wedges
- 1/2 cup(s) water
- 2 cup(s) broccoli slaw mix, (packaged shredded broccoli)
- 1 cup(s) dressing, low-fat mayonnaise-based
- 16 hamburger buns, whole-wheat

Recipe Tip:

Cook 8 to 10 hours (low), or 4 to 5 hours (high).

Preparation

1. In a small bowl, stir together garlic powder, onion powder, pepper, and celery salt. Trim fat from meat. Sprinkle pepper mixture evenly over meat; rub in with your fingers. If necessary, cut meat to fit into a 3 1/2- or 4-quart slow cooker.
2. Place onion in the bottom of a 3 1/2- to 4-quart slow cooker. Add meat. Pour the water over meat.
3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove meat and onions from cooker to a cutting board; discard cooking liquid. Using two forks, pull meat apart into shreds.
4. To serve, in a small bowl, combine shredded broccoli and 1/4 cup of the mayonnaise dressing. Spread bottoms of the buns with the remaining mayonnaise dressing. Place meat mixture on bottoms of buns. Top with shredded broccoli mixture; replace tops of buns.

