

Slow Cooker Pulled Pork

Slow cookers are a great option for preparing a main dish for a potluck lunch. Even if your office doesn't have a kitchen, all you need to keep this one hot until serving time is an electrical outlet!

Bring this recipe to your next work potluck and immerse yourself in your co-workers eternal gratitude! This recipe is a winner, ESPECIALLY in the taste category! Pork tenderloin is a great lean cut of meat and, when prepared with this method, will result in some of the tenderest pork you've ever had.

Use slider buns to keep portion sizes under control and feel free to double this recipe for a larger crowd! Make sure to add some veggies or fruit to your plate at the potluck to balance out the nutrition!



Ingredients

1 2lb pork tenderloin
1 12oz can of diet root beer
1 18oz bottle of your favourite BBQ sauce
12 slider mini burger buns

Preparation

1. Place the pork tenderloin in a slow cooker; pour the root beer over the meat.
2. Cover; cook on low heat setting for 6-7 hours (or on high heat for 3-3 ½ hours).
3. Remove the meat from the slow cooker and drain the liquids out of the slow cooker. Return the meat to the slow cooker and using two forks, shred the meat.
4. Pour bottle of BBQ sauce into slow cooker and mix well. Serve over buns. Serves 12.

Nutrition (1/12th of recipe)

266 calories, 26g protein, 20g carbohydrates, 8g fat (2g sat), 1g fibre, 570mg sodium, 445mg potassium