

Barbecue Pork for Sandwiches

Number of Servings 12

Ingredients

- 2 pounds of boneless pork loin
- 1 16-oz bottle your favorite BBQ sauce
- 1/2 cup frozen chopped onion

Instructions

Coat the slow cooker insert with cooking spray. Add the cubed pork, sauce and onion to the cooker and stir well, making sure the meat is completely covered in the sauce. Cover and cook on low for 7-9 hours. Remove the meat, and with two forks pull across the grain of the meat to shred it. Add the meat back to the sauce and stir until coated. Makes enough for 12 sandwiches. (1/3 cup per serving)

Nutrition Information

118 Calories; 4g Fat (31.4% calories from fat); 14g Protein; 5g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 337mg Sodium.