

## **ANN'S SLOW COOKER PULLED PORK**

<http://andreasrecipes.com/2010/08/19/anns-slow-cooker-pulled-pork>

Serves 8 to 10.

### **Equipment**

4 to 5-quart slow cooker

### **Ingredients**

3 pounds (1.362 kilos) pork shoulder or picnic roast, trimmed and cubed  
2 medium onions, chopped  
3 green peppers, seeded and chopped  
1/2 cup (55 g) brown sugar, firmly packed  
1/4 cup (60 ml) apple cider vinegar  
6 ounces (170 g) tomato paste  
1-1/2 tablespoons chili powder  
1 teaspoon dry mustard  
2 teaspoons kosher salt  
2 teaspoons Worcestershire sauce

### **Preparation**

1. In the large skillet, heat the oil over medium heat. Sauté the pork cubes until browned on all sides. Transfer the meat to the slow cooker, reserving the pan drippings. Add the chopped onion and green peppers, and sauté until the onions glisten. Transfer the onions, peppers, and the drippings to the slow cooker.
2. Add the brown sugar, vinegar, tomato paste, chili powder, mustard, salt, and Worcestershire sauce to the slow cooker and stir. Cover and cook on low for 8 hours, or set it on Auto for 6 to 7 hours.