

# Lean Pulled Pork



## Ingredients

1 pork shoulder blade roast, boneless, well-trimmed, about 3 lb / 1.5 kg  
1 yellow onion, thinly sliced  
1 cup / 250 mL barbecue sauce  
2 Tbsp / 30 mL apple cider vinegar  
1 Tbsp / 15 mL EACH molasses and Worcestershire sauce  
2 tsp / 10 mL chili powder  
1 tsp / 5 mL EACH ground cumin and ground oregano  
6-8 Kaiser rolls, sliced  
Prepared coleslaw for serving

## Directions

1. Preheat oven to 325°F.
2. Place roast in large ovenproof casserole dish. Scatter onion slices on and around meat.
3. In medium bowl, thoroughly combine remaining ingredients. Pour sauce over and around roast.
4. Cover and transfer roast to preheated oven. Cook for about 3 ½ hours or until meat is fork tender and almost falling apart.
5. Remove roast from casserole dish onto a clean cutting board. Let rest 5-10 minutes or until roast is cool enough to handle.
6. Meanwhile, carefully pour cooking liquid into a measuring cup. Cool to room temperature; then refrigerate for 45-60 minutes. The fat will rise to the surface and solidify.
7. In the meantime, using two forks, pull pork into shreds; discard any fat. Return pork to casserole dish.
8. Remove sauce from refrigerator, remove hardened fat layer with spoon and pour degreased sauce over pork. Cover with foil, transfer to oven and heat through, about 45 minutes.
9. To serve, layer pork onto Kaiser rolls and top with coleslaw.

## Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 30

- **Cook Time (Minutes):** 270
- **Number of Servings:** 6-8