

Chili-Mango Pulled Pork



Ingredients

2 ripe mangos
1 pork shoulder blade roast, boneless, about 4 lb / 2 kg
1 Tbsp / 15 mL coarsely ground black pepper
½ tsp / 2 mL salt
2 tsp / 10 mL ancho chili pepper, divided
¼ cup / 50 mL balsamic vinegar
2 cups / 500 mL water
2 tsp / 10 mL honey
¼ cup / 50 mL whisky (optional)
2 cups / 500 mL barbecue sauce
6 crusty buns, sliced

Directions

1. Peel mangos and remove pits. Place pits into slow cooker. Dice mangos and set aside.
2. Place pork into slow cooker and sprinkle with black pepper, salt and 1 tsp of the ancho chili pepper.
3. Add vinegar and water. Cover and cook on LOW for 6-8 hours or until pork is very tender.
4. Remove roast to cutting board; drain liquid and discard mango pits. With 2 forks, pull meat into shreds, discarding any fat. Return pork to slow cooker.
5. In small saucepan, combine honey, remaining ancho chili pepper and whisky. Bring mixture to a boil.
6. Add diced mango. Reduce heat and simmer, stirring frequently for about 10 minutes, occasionally mashing mango with a fork.
7. Add barbecue sauce to saucepan; stir to combine with mango mixture.
8. Pour sauce over shredded pork in slow cooker. Cover and cook on HIGH for about 1 hour or until most of liquid is absorbed.
9. Layer pork onto buns and serve.

Additional Info

- **Cut:** Roasts

- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 6.5-9 hrs
- **Number of Servings:** 6