

BBQ Pulled Pork

Makes 4 servings

2 medium onions, sliced

1 (4-pound) pork loin roast

Salt and black pepper

Barbecue sauce

1. Spray inside of slow cooker with nonstick cooking spray. Place onions in bottom.
2. Add pork roast; season with salt and pepper. Cover roast with BBQ sauce.
3. Cover; cook on LOW 6 hours or until internal temperature reached 165°F.
4. Remove pork to large cutting board; shred with two forks. Stir pork back into slow cooker. Add additional barbecue sauce, if desired.

Courtesy: Joella Morris