

# Smokey Pulled Pork

## Ingredients:

- 2 medium yellow onions, thinly sliced
- 4 medium garlic cloves, thinly sliced
- 1 cup chicken stock or low-sodium chicken broth
- 1 tablespoon packed dark brown sugar
- 1 tablespoon chilli powder
- 1 tablespoon kosher salt, plus more as needed
- ½ teaspoon ground cumin
- 1 tablespoon liquid smoke (*don't leave this out - it's such a flavour booster!*)
- ¼ teaspoon ground cinnamon (*optional - omit if you don't like cinnamon*)
- 1 Unger Meats Pork Shoulder Blade Roast - Capicola Style or other cut you prefer
- 2 cups barbecue sauce (*optional*)



## Directions:

Place the onions and garlic in an even layer in the slow cooker and pour in the stock or broth.

Combine the sugar, chilli powder, measured salt, cumin, and cinnamon in a small bowl. Pat the pork dry with paper towels. Rub the spice mixture all over the pork then add liquid smoke. Place the meat on top of the onions and garlic. Cover and cook on low until the pork is fork tender, about 6 to 8 hours on low.

Turn off the slow cooker and remove the pork to a cutting board. Set a fine-mesh strainer over a medium heat proof bowl. Pour the onion mixture from the slow cooker through the strainer and return the solids to the slow cooker. Set the strained liquid aside.

If the pork you used has a bone, remove and discard it. Using 2 forks, shred the meat into bite sized pieces, Return the shredded meat to the slow cooker, add the barbecue sauce, if using, and mix to combine. If you're not using barbecue sauce, use a spoon to skim and discard the fat from the surface of the strained cooking liquid, and then add 1/4 cup of the liquid at a time to the slow cooker until the pork is just moistened. Taste and season with salt as needed. ENJOY!!