



BBQ PULLED PORK

	Ingredients	Exchanges
Protein	25.9 gm pork shoulder, slow cooked	3.7
Fat	15 gm butter, melted	3
Other	Paprika, onion powder, garlic powder, salt, pepper, dry mustard ----- 1 Tbsp. Walden Farms® BBQ Sauce	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat the oven to 225°F.
- Rub a generous amount of the dry seasonings over a raw pork shoulder (not weighed).
- Roast the pork according to weight until the thickest part reaches 170°F.
- Remove from the oven and shred using a fork or tongs.
- In a small bowl, weigh the melted butter and shredded pork.
- Toss the BBQ sauce into the bowl until evenly combined.
- Serve warm.

VARIATIONS

- Cooking time fluctuates depending on pork weight and oven temperature. On average it's approximately 2.5 hours per pound at 225°F oven temp.
- This recipe can be frozen for up to 2 months.
- Alternatively, beef or chicken can be used in place of the pork.
- The exchange amount of butter should be no greater than the exchange amount of pork.
- This recipe does not contain any carbohydrate. Vegetables such as peas, broccoli, or red onions could be added to this recipe.