

Pulled Pork Sandwich



Ingredients

For 3-5 servings

- 2-3 lbs of Pork Tenderloin
- 1/4 cup Extra-Virgin Olive Oil
- 1 Tbsp Paprika
- 1/2 Tbsp Garlic Powder
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Onion Powder
- 1/2 tsp Ground Cinnamon
- 1/4 tsp Ground Ginger
- 1 cup Low Sodium Chicken Broth
- 1/2 cup Low Sugar BBQ Sauce (*Guy's or G. Hughes*)
- Shredded Cheese for topping (*optional*)

Directions

1. In a bowl, whisk together olive oil and spices.

Marinate pork in olive oil and spices overnight if possible in a ziploc bag, otherwise place tenderloins in crockpot and cover with oil/spice marinade.

** Make sure all areas of the pork have some marinade on them!

2. Pour chicken stock into slow cooker then add marinated pork

3. Cook on low for 6-8 hours in the crockpot or high for 4-6 hours.

4. When finished cooling, use tongs or a fork to pull the tenderloins apart

5. Toss with your favorite barbecue sauce (*optional*) and top with shredded cheese on a fresh whole wheat or grain bun!

