



Slow-Cooker Hawaiian BBQ Pulled Pork



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1/6th of recipe (about 1 heaping cup): 259 calories, 4.5g total fat (1.5g sat. fat), 513mg sodium, 29g carbs, 3g fiber, 21g sugars, 24.5g protein

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Prep: 15 minutes **Cook:** 3 - 4 hours or 7 - 8 hours

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Ingredients

1 1/2 cups canned crushed tomatoes
1/2 cup ketchup
3 tbsp. apple cider vinegar
2 1/2 tbsp. brown sugar (not packed)
2 tsp. garlic powder
1 1/2 cups crushed pineapple packed in juice (not drained)
12 oz. raw lean boneless pork tenderloin, trimmed of excess fat
12 oz. raw boneless pork shoulder (the leanest piece you can find), trimmed of excess fat
1/4 tsp. each salt and black pepper
3 cups sliced onions
Optional topping: chopped fresh cilantro

Directions

In a slow cooker, combine crushed tomatoes, ketchup, vinegar, brown sugar, and garlic powder. Mix well. Stir in pineapple and its juice.

Season both types of pork with salt and pepper, and add to the slow cooker. Top with onions. Gently stir to coat.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until pork is cooked through and onions have softened.

Transfer pork to a large bowl. Shred with two forks.

Return shredded pork to the slow cooker, and mix well.

MAKES 6 SERVINGS

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