

# CROCK POT PULLED PORK (Serves 8)



- 1 can (28 oz) plum tomatoes
- 1/4 c molasses
- 1/4 c honey
- 2 T tomato paste
- 1 T garlic, chopped
- 1 bay leaf
- 1 T cumin
- 1/2 t cracked pepper
- 1/2 t red pepper flakes

Prepare barbecue sauce the day before. Bring to a boil, simmer till thick. Add 3 cups water, 1 1/2 cups cider vinegar and salt. Bring to a boil, reduce heat and cook on medium low for 1 1/2 hours. Discard bay leaf.

Place 4 lbs pork (butt) in crock pot. Pour 2 cups sauce over, coating pork. Cover and cook 5 1/2 hours. Remove meat and shred or chop coarsely. Pour sauce through sieve.

Serve on rolls with cole slaw on top