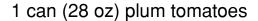
## CROCK POT PULLED PORK (Serves 8)



1/4 c molasses

1/4 c honey

2 T tomato paste

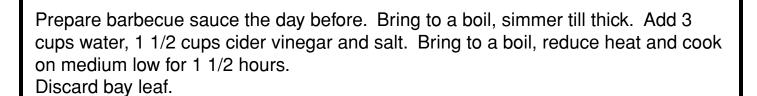
1 T garlic, chopped

1 bay leaf

1 T cumin

1/2 t cracked pepper

1/2 t red pepper flakes



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

