

MEAT CASE



Crock Pot Skinny Pork BBQ



Source: Defense Commissary Agency



Ingredients: 4 servings

- 3 lbs. pork tenderloin
- 2 cups chicken broth
- $\frac{3}{4}$ cup apple cider vinegar
- 2 tbsp. black pepper
- 6 bay leaves
- 2 garlic cloves
- $\frac{1}{2}$ cup ketchup
- 1 medium white onion (minced) or
- 1 tbsp. onion powder

Directions:

1. Add all ingredients to the crock pot.
2. Cook on low for 6-8 hours or high for 4-5 hours, to an internal temperature of 160 degrees F.
3. Shred by using two forks to pull the meat apart.

Tips:

Use your leftover pork creatively as a salad topping, shredded pork tacos, or a BBQ sandwich. For some heat, add a few dashes of hot sauce while cooking.

