



Korean Inspired BBQ Shredded Pork

Makes 8-10 Servings

Gluten Free, Dairy-Free, Low-Cal, Low-Fat, High-Protein

Prep Time: 10 minutes Cooking Time: 8-10 hours

1 medium onion
1 apple, peeled, cored
5 garlic cloves
1/4 cup rice vinegar
1 tsp. gluten-free hot sauce
2 tablespoon low-sodium gluten-free soy sauce
1 tablespoon ginger
1 tablespoon chili powder
1/4 tsp. red pepper flakes
3 tablespoon brown sugar (I use maple syrup)
1 cup ketchup-no sugar added
2-3 lb. pork sirloin tip roast

1.. In a food processor, puree the onion, apple, and garlic. Pour this mixture in a bowl and mix it with the rice vinegar, hot sauce, soy sauce, ginger, chili powder, red pepper flakes, brown sugar (or maple syrup) and ketchup.

2. Place the pork roast into a crock pot. Pour the sauce over the top and turn it so it's covered on all sides.

3. Cover and cook on low 8-10 hours.

4. Remove the pork roast and shred it between two forks. Return the shredded pork to the crock and mix it through the sauce.

Serving suggestion: Serve over brown rice or quinoa with a side of bok choy sautéed in toasted sesame seed oil and red pepper flakes.

Calories: 210
Fat: 2.5g
Sodium: 560mg
Carbs: 15.5g
Sugar: 11g
Protein: 30g