



## 'Cue The Pulled Pork



1/6th of recipe (about 2/3 cup): 220 calories, 6g total fat (1.5g sat fat), 637mg sodium, 16g carbs, 1g fiber, 12g sugars, 24g protein

**Freestyle™ SmartPoints®** value 5\*

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

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

1 cup canned tomato sauce  
1/2 cup ketchup  
2 tbsp. plus 2 tsp. cider vinegar  
2 tbsp. plus 2 tsp. brown sugar (not packed)  
2 tsp. garlic powder  
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. salt  
1/8 tsp. black pepper  
2 cups roughly chopped onion  
Optional seasoning: red pepper flakes

### Directions

In a slow cooker, mix tomato sauce, ketchup, vinegar, sugar, and garlic powder. Season both types of pork with salt and pepper and add to the pot. Top with onion and lightly stir.

Cover and cook on high for 3 to 4 hours *or* on low for 7 to 8 hours, until pork is cooked through.

Transfer pork to a large bowl. Shred with two forks--one to hold the meat in place and one to scrape across and shred it. Return shredded pork to the slow cooker and mix well. Mmmm...

### MAKES 6 SERVINGS

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.