



Slow-Cooker Cranberry Pulled Pork



1/6th of recipe (about 2/3 cup): 234 calories, 4.5g total fat (1.5g sat. fat), 287mg sodium, 23g carbs, 2g fiber, 17g sugars, 23g protein

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Prep: 20 minutes **Cook:** 3 - 4 hours or 7 - 8 hours

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Ingredients

1/4 cup spicy brown mustard
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
2 cups roughly chopped onion
1 cup sweetened dried cranberries
Seasonings: garlic powder, salt, and black pepper

Directions

In a small bowl, combine mustard with 1/2 tsp. garlic powder. Add 2 tsp. water, and mix well.

Add both kinds of pork to the slow cooker, and season with 1/4 tsp. each salt and black pepper.

Top with onion, cranberries, and mustard mixture.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 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.

MAKES 6 SERVINGS

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