SER 1783

Farm-Fresh Recipes

Shredded Pork Barbeque

Total Time: 6-7 hours

Ingredients

5 lb. Boneless Roast
2-3/4 cups ketchup
1/2 cup brown sugar
1 tablespoon dry mustard
1/4 cup apple cider vinegar
1 large onion, chopped
2 cups water
1 to 2 cloves garlic, minced

Directions

- 1. Combine pork, brown sugar, vinegar and water in a 6-quart heavy oven-proof pot. Bake at 375 degrees for 3 hours.
- 2. Remove from oven; cool. Remove all fat and any bones.
- 3. Shred pork; return to pot. Add mixture of ketchup, mustard, onion and garlic; stir to blend.
- 4. Reduce oven temperature to 300 degrees and cook, covered, for up to 4 hours.
- 5. Stir every half hour, adding more water/ketchup to keep well moistened

Makes 12-14 servings.

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