

RECIPE OF THE WEEK

by: Jean Michael Coronado

BBQ Pulled Pork & Rub

- RUB -
- 1 Tbsp. Paprika
- 1 Tbsp. Yellow Mustard
- 1 tsp. Sea Salt
- 2 Splenda Packets
- 1 tsp. Black Pepper
- 1 tsp. Ground Ginger
- 1 Tbsp. Onion Powder
- 1 tsp. Cayenne Pepper

Mix all spices together with the Splenda and Yellow Mustard. Use or save for whenever you'll be using the Pork.

Ingredients



- 2lb. Pork Tenderloin
- 1/4 cup of pork rub
- 1/4 cup of Apple Cider Vinegar
- 1/2 cup of water
- 8 Tbsp. of Walden Farms BBQ sauce (flavor of your choice)



Preparation

1. Rub pork tenderloin liberally with the pork blend
2. Place the pork tenderloin in a slow cooker
3. Pour water and vinegar over pork
4. Cook on low heat for about 8-10 hours
5. Shred the pork and add the Walden Farms BBQ sauce of your choice
6. Serve & enjoy with your favorite vegetables!