

Pulled Pork – Weight Watchers Freestyle

Yield: 4 Servings (2 points per serving for blue, green and purple)

Ingredients

1 lb. pork tenderloin, trimmed of fat

1 tablespoon paprika

1 tablespoon garlic powder

1 teaspoon onion powder

1/2 teaspoon dry mustard

1/2 teaspoon salt

1 can of beer or 8 oz. chicken broth

Instructions

Add the paprika, garlic powder, onion powder, dry mustard and salt to a small bowl.

Cover the pork tenderloin in the seasonings. Refrigerate overnight if possible.

To cook the pork in the oven prepare the pork with the rub, place in a covered roasting pan and add beer or chicken broth. Cook at 300 degrees for 3 hours.

To cook the pork in the slow cooker you prepare the pork with the rub, place in the slow cooker and add the beer or chicken broth. Cook on low for 6 hours.

To cook in the pressure cooker you prepare the pork with the rub, place the pork in the pressure cooker and add the beer or chicken broth. Manually cook the pork for 30 minutes, then do a quick release.

Remove pork from liquid and shred.

Place pork back in the liquid then serve.