

Recipe by 100 Days of Real Food

www.100daysofrealfood.com

Pulled Pork in a Crock Pot

Serves: 6 - 8

Ingredients

- 3 tablespoons paprika
- 2 tablespoons salt (if desired, you can cut back on the salt by only using 1 tablespoon)
- 2 teaspoons black pepper
- 1 teaspoon cayenne pepper (if desired, you can cut back on the pepper by only using ½ teaspoon of cayenne)
- 1 teaspoon garlic powder
- ½ teaspoon dried thyme
- ½ cup honey
- ¼ cup red wine vinegar
- 3 tablespoons olive oil
- 1 onion, peeled and cut in half
- 3 to 3 ½ pounds pork shoulder, cut in half

Instructions

1. In a medium size mixing bowl, mix together the first six ingredients (all of the spices) with a fork.
2. Pour in the honey, vinegar, and olive oil and stir to form a paste.
3. Place the onion in the bottom of the [slow cooker](#). Top it with the 2 pieces of pork and then pour the honey paste over all sides of the pork pieces. It's okay if some of it (or a lot of it) just drips down to the bottom.
4. Turn the slow cooker on to low and cook for 7 to 8 hours or until the meat is tender enough to be easily shredded with a fork.
5. Serve warm with fixings like homemade cole slaw and [cornbread](#). My husband also likes his dipped in a little hot sauce. Refrigerate or freeze the leftovers.

Notes

We recommend [organic ingredients](#) when feasible.

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