

North Carolina Pork Barbecue



Serves 10

Ingredients:

- 1 pork butt, shoulder, or blade (3 to 4 pounds)
- 1 (15-ounce) can whole tomatoes
- $\frac{1}{2}$ cup vinegar
- 2 tablespoons Worcestershire sauce
- 1 medium onion, sliced
- 1 tablespoon low-carb sweetener
- 2 teaspoons crushed red pepper flakes
- 2 teaspoons salt

Adapted from Duke Lifestyle Medicine Clinic

- 1 teaspoon smoke flavoring (optional)

Instructions:

1. Combine all ingredients in a slow cooker or large, heavy-bottom kettle.
2. If using a slow cooker, cook on low for 10 hours or on high for 5 hours. If using a kettle, simmer over low heat for 3-4 hours.
3. Pork is done when it falls apart when lifted with a fork. Remove meat and discard bone. Serve with sauce meat was cooked in or another sugar-free barbecue sauce.

Nutrition per serving: Calories 305; Total Fat 17.5 g; Saturated Fat 6.1 g; Monounsaturated Fat 7.7 g; Polyunsaturated Fat 1.5 g; Total Carbohydrates 3.2 g; Dietary Fiber 0.9 g; Sugar Alcohols 0.1 g; Sugars 1.8 g; Protein 31.5 g; Sodium 519 mg