

#StuckAtHomeSummer #TastyTuesday – 6.16.20

Slow Cooker Pulled Pork Slider topped with Apple Slaw #PulledPorkSlider #AppleSlaw

Apple Slaw

Makes 15 (3/8 cup servings)

4 cups shredded cabbage
3/4 cup grated carrot (2 medium carrots)
2 unpeeled, medium apples, cored & grated
2 Tablespoons roasted sunflower kernels
2 Tablespoons dried cherries, chopped
2 Tablespoons + 1 teaspoon cider vinegar
2 1/4 teaspoons canola or extra virgin olive oil
1 1/2 teaspoons honey (look for Missouri honey)
1/4 teaspoon salt

Directions

1. Wash hands with soap and water.
2. Gently rub apples under running water.
3. Scrub carrots with a clean vegetable brush under running water. Peel (if desired) and grate.
4. In large bowl, toss cabbage, carrots, apples, sunflower kernels and chopped dried cherries. Set aside.
5. In small bowl, whisk together cider vinegar, oil, honey and salt.
6. Pour cider vinegar over cabbage mixture and toss to coat all ingredients.
7. Top each Pulled Pork Slider with Apple Slaw, and ENJOY!
8. Store slaw in the refrigerator within two hours of preparing.

Q: What apple variety is best for salads?

A: The following apple varieties are great in salads:

- Fuji
- Gala
- Granny Smith
- Jonathan

Nutrition: Serving: 3/8 cup

Calories: 31
Carbohydrates: 5g
Protein: .5g
Fat: 1g
Saturated Fat: .2g
Sodium: 53 mg
Fiber: 1g

Speed Scratch Tip:

If you are short on time, purchase a bag of pre-shredded cole slaw mix.

Food safety Fact:

Packaged vegetables labeled "ready-to-eat," "washed" or "triple washed" should not be washed.

Slow Cooker Pulled Pork

8 servings

- 2½ pound pork shoulder (sometimes called Boston butt)
- 1 (8 ounce) can tomato sauce
- 1 cup barbeque sauce
- 1 medium onion, thinly sliced
- 1 can (4 ½ ounces) diced green chiles
- 2 Tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano

Food Safety Fact:

Keep your refrigerator at or below 40 degrees F.

Directions

1. Wash hands with soap and water.
2. Trim any large pieces of fat from the pork.
3. Wash hands with soap and water.
4. In a 3-quart or larger slow cooker, stir together tomato sauce, barbeque sauce, diced green chiles, chili powder, cumin and oregano.
5. Place sliced onion and pork shoulder in slow cooker. Spoon sauce over pork.
6. Cover and cook 3 ½ hours on HIGH, or 8 to 10 hours on LOW, or until pork is fork tender (a fork will easily pierce the meat, and pull apart very easily).
7. Place cooked pork in a large bowl, and using two forks, pull meat apart into shreds.
8. To serve, place shredded pork on slider bun. Top with cooking sauce or, your favorite barbeque sauce and apple slaw.
9. Place leftover pulled pork in the refrigerator within 1 to 2 hours of serving. Store leftovers in the refrigerator for 3 to 5 days.