



Smoky BBQ Pork Sandwiches

Prep: 40 minutes

Cook: 7 hours 30 minutes • Serves: 10

- 2 garlic cloves, minced
- ¼ cup packed light brown sugar
- 4 teaspoons chili powder
- 1 teaspoon ground coriander
- ½ teaspoon cayenne pepper
- ½ teaspoon ground black pepper
- 1 (6-pound) bone-in pork blade roast, fat trimmed, cut into 1-inch pieces
- 2 medium yellow onions, thinly sliced
- 1 bottle (12 ounces) lager beer
- 2 cups barbeque sauce
- 10 onion buns
- 10 slices smoked Gouda cheese (optional)

1. In small bowl, combine garlic, brown sugar, chili powder, coriander, cayenne pepper and black pepper. Place pork and seasonings into slow-cooker bowl; stir to mix well. Add onions and pour in beer, making sure onions are submerged in liquid. Cover and cook on high 7 to 8 hours or until pork shreds easily.

2. Transfer pork to large bowl. With slotted spoon, remove onions to bowl with pork. With 2 forks, shred pork. Remove and discard all but ½ cup liquid remaining in slow-cooker bowl. Return pork and onions to slow cooker; stir in barbeque sauce. Cover and cook on high 30 minutes. Serve on onion buns with cheese, if desired.

Approximate nutritional values per serving:

465 Calories, 26g Fat (9g Saturated), 91mg Cholesterol, 652mg Sodium, 28g Carbohydrates, 2g Fiber, 26g Protein

Chef Tip

For variety, top pork with a vinegar-based coleslaw.