

Dr. Genco's Pulled Pork

Ingredients:

Pork Butt 5-6 lb.
3-4 Tbsp. Extra Virgin Olive Oil
1 Tsp. Salt
1 Tsp. Pepper
1 large Spanish Onion (diced)
12 oz Low Sodium Chicken Stock
¼ Cup Light Brown Sugar
1 Tbsp. Chili powder

Procedure:

Turn oven on to 250 degrees.

Rub Pork Butt with olive oil and generously salt and pepper the pork

On your stove top, in a Dutch oven, sear the pork butt on all sides on medium-high heat, until browned.

Remove the pork butt, and hold to the side.

Add diced onions until slightly tender, stirring constantly (about 2 minutes).

Turn off stove.

Re-add Pork Butt to the Dutch Oven.

Add 2 cups of low-sodium chicken broth to the pork.

Add the light brown sugar and chili powder to the Dutch oven, stirring until dissolved.

Cook in covered Dutch Oven for 6 hours.

After slow-cooking for 6 hours, remove the pork into a shallow bowl, and begin to fork-shred the pork.

Once you have shredded the pork, add it back to the Dutch oven in the reserved jus, and continue to cook for an additional 2 hours.

Season with salt and pepper to taste.

Serve on your favorite roll, and ENJOY!!!

