



## PULLED PORK

This recipe can be done in the oven or in a slow cooker. Either way it is super easy.

Serves 8 people

### Oven Version

		Line a cookie sheet with heavy duty extra wide aluminum foil.
4 lb	Pork Shoulder, boneless	Remove from packaging and blot dry with paper towels.
4 tbsp	Till's Rub	Place the pork on the cookie sheet and and massage the rub into the meat. Lightly cover with plastic wrap or aluminum foil and let rest for 4 hours at room temperature or overnight in the fridge.
		Preheat the oven to 250°F.
½ cup	Chicken Broth	Add to the cookie sheet.
3	Onions, large, quartered	Add to the cookie sheet.
10	Garlic Cloves, peeled	Add to the cookie sheet.
4	Bay Leaves	Add to the cookie sheet.
		Cover the cookie sheet with aluminum foil creating a tightly sealed pouch, crimping all seams carefully.
		Place the cookie sheet in the oven on the middle rack and cook for 5-6 hours or until the meat falls apart very easily.
		Transfer the meat to a large bowl and with two forks pull it apart.
		Discard the bay leaves.
		Add the onions, garlic and cooking juices back to to the meat and gently mix.
		Serve on a bun, in a taco shell, over rice or let us know how you like to eat it.

### Slow Cooker Version

Place the meat in in the bowl of a slow cooker.  
Season with the rub, add all the other ingredients and place the lid.  
Let rest for 4 hours at room temperature or overnight in the fridge.

Cook on low for 10 - 12 hours.  
Or  
Cook on high for 5 - 6 hours or until the meat falls apart very easily.

Discard the bay leaves.  
With two forks pull the pork and gently mix in the onions, garlic and cooking juices.