

Pulled Pork Sandwich with Red Cabbage and Carrot Slaw

Rating: ★★★★★

Cook time: 8 hours, 30 minutes

Makes: 8 Servings

Pork shoulder is slow cooked and served on a whole wheat roll with tangy red cabbage and carrot slaw.

Ingredients

- 1 half pork shoulder (bone-in)
- 1 1/2 cups cider or white vinegar (or a combination of both)
- 1 teaspoon black pepper
- 1 teaspoon Crushed red pepper flakes
- 1/2 teaspoon salt
- 8 100% whole wheat dinner rolls or slider buns

For the Carrot Slaw:

- 1 head red cabbage (shredded)
- 2 carrots (scrubbed and shredded)
- 1/4 cup canola oil
- 1/4 cup vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

Pulled Pork:

1. Put everything in the slow cooker and turn the heat to medium. Cook, undisturbed, for 8 hours or until it is fork-



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	487	
Total Fat	28 g	43%
Protein	42 g	
Carbohydrates	14 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	8 g	40%
Sodium	735 mg	31%

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Vegetables	1 1/4 cups
Grains	1/2 ounce
Protein Foods	5 1/2 ounces

tender (about 190 degrees with a meat thermometer).

2. Remove the pork from the slow cooker but keep the liquid. While still hot, use two forks to shred the meat. Remove any fat found between the shreds.
3. Skim as much fat as possible from the liquid in the slow cooker. Add about 1 cup of the cooking liquid to the shredded pork.

Red Cabbage and Carrot Slaw:

4. Put the shredded cabbage and carrots in a bowl.
5. Mix the canola oil, vinegar, salt and pepper in a small bowl and stir or whisk well.
6. Add the dressing to the cabbage mixture and coat thoroughly.
7. Add 1/2 cup of pulled pork to each roll or bun and top with 1/2 cup cabbage and carrot slaw. Serve right away.

Notes

- 1 bag coleslaw mix can be used instead of red cabbage.
- Leftovers can be served with brown rice or wrapped in a whole wheat tortilla.

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