

Gluten Free BBQ Pulled Pork

Servings: 6 - 8

Cook time: 6-8 hours (low) or 4-6 hours (high)

Prep time: 15 minutes

Ingredients:

- 3-4 pound boneless pork shoulder
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup beef broth (I use Zoup beef broth concentrate mixed with water)
- 1 (18 ounce) bottle gluten-free barbecue sauce
- Gluten-Free Sandwich buns (Trader Joe's are our favorite)

Directions:

Step 1

Combine Dry Rub: In a small bowl, combine chili powder, garlic powder, onion powder, oregano, salt, and pepper.

Step 2

Rub Pork: Rub the spice mixture all over the pork shoulder.

Step 3

Crock Pot: Place the pork in the slow cooker. Pour beef broth over the pork.

Step 4

Cook: Cook on low for 6-8 hours, or on high for 4-6 hours, or until the pork is very tender and easily shreds.

Step 5

Shred: Remove the pork from the slow cooker. Shred the pork using two forks or a pair of kitchen shears.

Step 6

Stir in Sauce: Return the shredded pork to the slow cooker and stir in the gluten-free barbecue sauce. Cook on low for an additional 30 minutes to allow the flavors to meld.

Tips and Variations

- **For extra flavor:** Add a chopped onion and a few cloves of garlic to the slow cooker with the pork and broth.
- **Spice it up:** Add a pinch of cayenne pepper or red pepper flakes to the spice rub.
- **Sweet and Smoky:** Use a smoky barbecue sauce or add a touch of liquid smoke to the crock pot.
- **Serve:** Serve on gluten-free buns, on top of coleslaw, or in lettuce wraps.

Important Notes

- **Gluten-Free BBQ Sauce:** Make sure to use a certified gluten-free barbecue sauce.
- **Cooking Time:** Cooking times may vary depending on the size and shape of the pork shoulder and the power of your slow cooker.