

# Slow Cooker BBQ Pulled Pork

10 ingredients · 6 hours · 4 servings



## Directions

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1. Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
2. In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
3. Once pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve. Enjoy!

## Notes

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### Serve it With

Sautéed kale, brown rice or sweet potato.

### No Pork

Replace the pork with skinless, boneless chicken breasts.

## Ingredients

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<b>1 1/2 lbs</b>	Pork Tenderloin
<b>2 tbsps</b>	Extra Virgin Olive Oil
<b>1 cup</b>	Organic Chicken Broth
<b>1/2 tsp</b>	Sea Salt
<b>1 tsp</b>	Black Pepper
<b>1 tbsp</b>	Chili Powder
<b>2 tsps</b>	Paprika
<b>1 tsp</b>	Garlic Powder
<b>1 tsp</b>	Onion Powder
<b>1 tsp</b>	Cumin