



Ashley's Meal Prep Monday!

Pulled Pork - In the Instant Pot



INGREDIENTS

- 1 TBSP coconut sugar
- 2 TSP paprika
- 2 TSP garlic powder
- 2 TSP onion powder
- 1 TSP salt
- 2 TSP cumin
- 1/4 TSP cayenne - optional
- 3 pounds boneless pork roast, cut into 3-4 inch cubes
- 2 TBSP olive oil
- 1/3 cup apple cider vinegar
- 2 cups Barbecue sauce, divided
- 1 1/4 cup chicken or beef broth

In a small bowl, mix together coconut sugar, paprika, garlic powder, onion powder, salt, pepper, cumin and cayenne if using. Season the cubed pork with the spice mix and set aside. In a medium bowl, whisk together the apple cider vinegar, one cup of the bbq sauce and one cup of the broth.

Turn instant pot to sauté and add the oil, allowing it to get hot. Add half of the cubed pork to the oil and sauté for 5 minutes, turning to brown on all sides. Remove the browned pork to a plate and repeat with the remaining half of the cubed pork.

Turn instant pot off and use remaining 1/4 cup of broth and a wooden spoon to deglaze the bottom of the pot. Add all of the meat, along with the bbq sauce mixture to the instant pot. Close the lid and set to sealing. Cook on manual high pressure for 40 minutes. Once the cooking time is up, allow the pressure to release naturally for 10 minutes then do a quick release.

Remove the meat from the instant pot and shred. Stir in the remaining bbq sauce and serve on buns as desired.



Recipe: www.thesaltymarshmallow.com

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