



Salsa Verde Pulled Pork

Makes 12 servings

Ingredients

- 2 large sweet onions, halved and thinly sliced
- 4 tablespoons dark brown sugar, divided
- 1 tablespoon paprika
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 3 pounds lean pork Boston butt
- 16-ounce bottle salsa verde (green salsa)

Directions

1. Place sliced onion in a 5- to 6-quart slow cooker. Sprinkle 3 tablespoons dark brown sugar over the top.
2. In a small bowl, combine remaining dark brown sugar, paprika, chili powder and garlic powder. Stir until well-combined. Rub mixture over the pork and place it in the slow cooker.
3. Pour salsa verde (entire bottle) over the pork. Cook on low for 7 to 9 hours.
4. Remove pork from slow cooker and shred with two forks. Return the shredded pork to slow cooker to reheat. Stir to combine with the salsa verde and juice from the meat. Enjoy warm!



MAIN DISH



TIP

Serve this spiced-up pulled pork over a sweet potato, wild rice or whole-grain pasta!*

*Option not included in nutrition facts.

= low sodium

= gluten free

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Nutrition Facts

Serving Size 4 ounces (184g)
Servings Per Container 12

Amount Per Serving

Calories 170 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 300mg 13%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Sugars 9g

Protein 17g

Vitamin A 8% • Vitamin C 10%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1