

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Mexican Pulled Pork

Ingredients

2 tbs apple cider vinegar
220g of tomato paste
1 apple, chopped
6 raspberries
1 red capsicum, sliced
3 shallots, sliced
400g tin of diced tomatoes
4 gloves garlic, diced finely
3 tsp of ground cumin
1 tsp of cayenne pepper
1.5kg boneless pork shoulder

*Accompaniments of your choosing
I recommend:*

1 cup of sour cream
Lettuce, chopped
Tomatoes, chopped
1 cup of grated cheese
1 cup of coarsely chopped fresh coriander
Avocado, chopped

Method

*Don't you just love your slow cooker? It does all the hard work for you and when you come home after a hard day at work the house smells delicious and dinner is cooked.
Enjoy xoxo*

1. Mix the apple cider vinegar, tomato paste, apple, raspberries, capsicum, shallots, tomatoes, garlic, cumin and cayenne pepper in the slow cooker.
2. Add the pork shoulder and coat with the mixture.
3. Cook on high setting for at least 6 hours.
4. Once cooked and tender, remove the pork from the slow cooker and pull it apart with two forks. Return the pork to the slow cooker and mix through the sauce.

Preparation Time: 10 minutes

Cooking Time: 6 hours

Author: Fran Ramsay

Serves 6



For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au