

# Slow-Cooked Barbecued Pork on Buns

## Recipe of the Month September - 2015



Overnight crowd-pleaser. Slow-cooked pork sandwiches serve lunchtime with iron, vitamin B6 and whole grain.

**Prep Time:** 20 Min

**Start to Finish:** 8 Hr. 20 Min

**Makes:** 18 sandwiches

### INGREDIENTS

1 boneless pork roast (3 lb.), trimmed of fat, cut into thin strips	1/4 teaspoon garlic powder
3/4 cup chopped onion (1 large)	1/4 teaspoon ground red pepper (cayenne)
1/4 cup cornstarch	1 1/2 cups ketchup
1/4 cup packed brown sugar	2 tablespoons Worcestershire sauce
2 teaspoons ground mustard	18 whole wheat sandwich buns, split
1/2 teaspoon salt	

### DIRECTIONS

1. In 3 1/2- to 4-quart slow cooker, mix all ingredients except buns.
2. Cover; cook on Low heat setting 6 to 8 hours.
3. Spoon about 1/3 cup pork mixture into each bun.



**Recipe Provides:** Grains 2oz-equivalents, Meat & Beans 2oz-equivalents

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b> 1 sandwich	<b>Total Fat:</b> 7 g	<b>Saturated Fat:</b> 2 1/2 g
<b>Calories:</b> 270	<b>Calories from Fat:</b> 70	<b>Carbohydrates:</b> 28 g
<b>Cholesterol:</b> 50 mg	<b>Dietary Fiber:</b> 3 g	<b>Sodium:</b> 540 mg
<b>Sugars:</b> 12 g	<b>Protein:</b> 23 g	



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)