

Slow Cooker Apple and Maple Pulled Pork



Discover our mouthwatering Slow Cooker Maple Apple Pulled Pork recipe. This tender and deliciously sweet dish will tantalize your taste buds with the perfect balance of apple's sweetness and maple's aroma. Get ready for a comforting and easy-to-make feast.

Preparation 15 min

Cooking 495 min

Servings 8

Nutrition Facts (per serving)

Calories 400

Fat 19

Carbohydrates 22

Fibre 1

Protein 35

Sodium 90

Ingredients

- 250 ml (1 cup) no-sugar-added natural apple juice
- 250 ml (1 cup) unsweetened applesauce
- 1 kg (2.2 lb) boneless pork shoulder roast
- 2 onions, chopped
- 2 cloves garlic, chopped

Sauce

- 125 ml (½ cup) water
- 60 ml (¼ cup) ketchup
- 30 ml (2 tbsp) Worcestershire sauce
- 60 ml (¼ cup) maple syrup

Preparation

1. In the slow cooker, combine the apple juice and ½ cup of applesauce.
2. Place pork in slow cooker and cover with remaining applesauce. Add onions and garlic. Cover and cook for 8 hours on low.
3. Remove pork from slow cooker without cooking juices and, using two forks, shred. Set aside.
4. Meanwhile, strain the cooking juices through a sieve and pour the resulting liquid into a saucepan.
5. Add remaining sauce ingredients and stir to combine. Heat over medium heat to reduce sauce by half. Add to the shredded meat and mix well. Adjust seasoning if necessary.
6. For more crispness, spread the pulled pork coated with sauce on a baking sheet and put in the oven at "Broil" at high temperature for 5-10 minutes just before serving.
7. Serve in warm rolls with coleslaw.

Notes

Can be stored in the refrigerator for 3-4 days or in the freezer for up to 4 months.



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