

BEST Slow Cooker Pulled Pork Recipe

Slow cooker pulled pork is the tastiest recipe for your slow cooker! Pork shoulder that's slow roasted is so tender and juicy it literally falls apart on its own.

PREP TIME: 5 mins COOK TIME: 8 hrs

TOTAL TIME: 8 hrs 5 mins

COURSE: Main Course CUISINE: American



4.91 from 62 votes

KEYWORD: pulled pork, slow cooker pulled pork SERVINGS: 8 servings

CALORIES: 251kcal AUTHOR: Lisa Bryan

Ingredients

- 4 1/2 pounds pork shoulder
- 2 tablespoons paprika
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon cumin
- 1 yellow onion diced
- 4 garlic cloves chopped
- 1 orange juiced

Instructions

1. Place the diced onion, garlic and orange juice in your slow cooker.
2. In a small bowl, mix all of the spices together.
3. Trim all excess fat from the pork shoulder, then rub the spice mixture generously around the entire pork shoulder and place in the slow cooker.
4. Turn your slow cooker to low and cook for 8 hours.
5. Once your pork is fully cooked, remove it from the slow cooker to a plate or cutting board and use two forks to shred the pork.

Notes

- You can add some of the remaining liquid from the slow cooker to the pulled pork for extra moisture.

- This is a delicious BBQ sauce that's also paleo and Whole30 friendly. It's great on this pork!
- I've also heard great things about this slow cooker, if you're looking to buy a new one.

Nutrition

Serving: 1serving | Calories: 251kcal | Carbohydrates: 4g | Protein: 31g | Fat: 11g | Saturated Fat: 3g
| Cholesterol: 104mg | Sodium: 411mg | Potassium: 625mg | Fiber: 1g | Sugar: 2g | Vitamin A: 885IU
| Vitamin C: 11.5mg | Calcium: 40mg | Iron: 2.5mg