



## **Crock-pot Pulled Pork**

6 to 7 pounds of pork shoulder  
2 yellow onions, chopped  
1 head garlic, cloves peeled and smashed  
6 carrots, peeled and cut into 3" pieces  
1 bunch thyme  
1/4 bunch parsley  
1 cup red wine  
1 cup chicken stock  
Salt & Pepper

First I want you to rinse and pat dry the meat. Dry it well as you want to sear it. Season it generously with salt & pepper.

Heat a large skillet with olive oil and brown the pork evenly on all sides.

Place the onions and carrots at the bottom of your Crock-pot. Top the vegetables with the thyme and parsley. (For this recipe you will need a big pot - 5 to 7 quarts - preferably an oval one. I own a cylindrical one so that is what I will use.)

Place the browned pork on top of the vegetables and scatter the garlic on top. Add the wine and stock. Turn the pot on to high and cook for 6 to 7 hours. Take the pork out of the pot and separate with two forks. Fish out the onions and carrots and discard the thyme sticks, garlic and parsley leaves.

Serve with onions and carrots.

Or, place in a skillet and add your favorite barbecue sauce. Cook for a few minutes and serve in a roll with pickle slices.

