

Emily's BBQ Pulled Pork

- 1 4-5 pound pork shoulder
- 8-10 cloves of garlic
- 1 large onion, cut in slices

Make small slits in the pork shoulder and put the garlic cloves in them. Season with salt and pepper.

Make a bed of onion slices in the bottom of the crock pot to act as a "roasting rack" for the pork. Put the pork on top of it and put a few more slices of onion on top. Add about 1/2 cup of water or broth. Cook 6-8 hours on high or 10-12 on low.

Remove the pork from the crockpot, and discard the liquid and onions. Shred the pork and return it to the pot. Add the BBQ Sauce and cook on low for an hour.

For the BBQ Sauce:

- 1 cup ketchup
- 2 large garlic cloves, finely chopped
- 2 tablespoons brown sugar
- 2 tablespoons maple syrup
- 2 tablespoons Worcestershire sauce
- 1 1/2 tablespoons apple cider vinegar
- 2 teaspoons smoked paprika
- 1 teaspoon smoked sweet paprika
- coarse black pepper

Put all ingredients in a small saucepan over medium heat. Once it starts to steam, reduce heat to medium low and cook for 15 to 20 minutes, or until slightly thickened and flavors are combined. Yields approximately one cup of sauce.

Notes from Emily: I typically just put in two tablespoons of the apple cider vinegar because I'm doing two tablespoons of everything else anyway. Also, I just have paprika, so I don't use two different kinds. Been meaning to try it though. And I usually triple the recipe...TJ's organic ketchup comes in a 24 oz. bottle, so that makes it easy. :)