

# Pulled Pork BBQ

LAUREN TURNER • Personal Lines

2-3 lbs boneless pork roast    1 Tbsp minced garlic  
3 cups water    1/4 cup sweet mesquite  
12 oz can root beer    seasoning  
1 Tbsp beef bouillon    1-2 cups BBQ sauce

## DIRECTIONS

Combine water, root beer, beef bouillon, minced garlic and mesquite seasoning in a bowl. Put pork in crock pot; Pour liquid mixture over the top. Cook on low for 7-8 hours, or high for 4-5 hours. Drain the liquid from the crock pot. Remove any large pieces of fat. Shred pork using two forks. Add desired amount of BBQ sauce to the pork and mix.



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<b>Nutrition Facts</b> Per Serving		<b>Servings:</b> 12
<b>Calories:</b>	466.8	<b>Sodium:</b> 982.2 mg
<b>Total Fat:</b>	27.2 g	<b>Potassium:</b> 372.6 mg
Saturated:	10 g	<b>Total Carbs:</b> 26.2 g
Polyunsaturated:	2.6 g	Dietary Fiber: 0 g
Monosaturated:	12.2 g	Sugars: 24.6 g
<b>Cholesterol:</b>	106.6 mg	<b>Protein:</b> 26.6 g