

3 Dinners Mini Menu #15- Progressive Pork Roast

Grocery List

4-5lb Pork Shoulder

32oz Chicken Broth

Onion (x1)

Garlic

BBQ Sauce

Sandwich Buns

15oz Baked Beans

4 Ears of Corn

15oz Crushed Tomatoes

12oz Mixed Vegetables

Taco Seasoning

Tortillas

Mexican Rice

Lettuce

Roma Tomatoes (x2)

Avocado

Base Recipe for Crockpot Shredded Pork

4-5 lb pork shoulder
(bone-in or boneless)

1 cup chicken broth

1 medium onion, sliced

4 cloves garlic,
smashed

Favorite Seasonings

1. Place onion and garlic in the bottom of the crockpot.
2. Season pork shoulder with salt and pepper; place on top of onions.
3. Pour chicken broth around (not over) the pork.
4. Cover and cook low 8-10 hrs or high 5-6 hrs until fork-tender.
5. Remove pork and shred with two forks.
6. Divide shredded pork into three equal portions (about 1-1.25 lbs each).

BBQ Pulled Pork Sandwiches

1-1.25lbs shredded
pork

1 cup BBQ sauce

8 sandwich buns

4 fresh ears of corn

15oz baked beans

1. Toss pork with BBQ sauce in a skillet over medium heat until hot.
2. While pork heats, air fry corn at 370°F for 12-15 minutes, turning halfway.
3. Heat baked beans in a small saucepan until hot.
4. Serve pork on buns with corn and baked beans on the side.

@lowdoughfamily

Pulled Pork Tacos

1-1.25lbs shredded pork

1 packet taco seasoning

1/2 cup chicken broth or
water

8 small tortillas

1 packet Mexican rice
mix

1 cup shredded lettuce

1 large tomato, diced

1 avocado, sliced

1. In a skillet, combine pork, taco seasoning, and broth. Simmer 5-6 minutes until heated and coated.
2. Prepare Mexican rice according to package directions on the stovetop. (The Knorr one requires water and oil or butter)
3. Serve tacos with lettuce, tomato, and avocado, with rice on the side.

Brunswick Stew

1-1.25lbs shredded pork

15 oz can crushed tomatoes

3 cups chicken broth

12 oz bag frozen mixed vegetables

1/2 cup BBQ sauce

Favorite Seasonings

leftover hamburger buns

1. In a large pot, combine pork, tomatoes, broth, vegetables, BBQ sauce, and favorite seasonings.
2. Bring to a simmer over medium heat.
3. Cook 15-20 minutes until vegetables are tender.
4. Taste and adjust seasoning before serving.
If you have any leftover hamburger buns, make garlic bread or butter bread to serve on the side!