



Chipotle Pulled Pork Sandwiches

Prep: 25 minutes

Cook: 7 hours • Serves: 6

- 1 (3-pound) boneless pork loin roast, fat trimmed, cut into 1-inch pieces
 - 1 can (15 ounces) tomato sauce
 - 1 can (14.5 ounces) less-sodium beef broth
 - 1 can (7 ounces) chipotle chile peppers in adobo, chopped
 - 2 tablespoons crushed oregano
 - 1 tablespoon garlic powder
 - 6 hamburger buns
- Toppings: sliced ripe avocado, refrigerated pico de gallo and/or chopped fresh cilantro leaves (optional)

1. Place pork, $\frac{3}{4}$ cup tomato sauce, broth, chipotle peppers, oregano and garlic powder into 5- to 6-quart slow-cooker bowl; stir to mix well. Cover and cook on low 7 to 8 hours or on high $3\frac{1}{2}$ to 4 hours or until pork shreds easily.

2. With slotted spoon, transfer pork to large bowl. With 2 forks, shred pork. Remove and discard all but $\frac{1}{2}$ cup liquid remaining in slow-cooker bowl. Return pork to slow cooker; stir in remaining tomato sauce. Makes about 5 cups. Serve on buns with desired toppings.

Approximate nutritional values per serving:

417 Calories, 11g Fat (4g Saturated), 100mg Cholesterol, 1212mg Sodium, 34g Carbohydrates, 7g Fiber, 44g Protein