

BBQ Pulled Pork Spaghetti

Courtesy of Carole's Creations

Prep Time: 10 minutes

Dry Rub Marinate: 4 hrs or overnight

Cooking Time: 4-5 hours on high or 8-10 hours on low

Serves: 8 or 10-12 Southern tacos

CChints: Pulled pork can be used for sandwiches and served with coleslaw.



Dry Rub:

2 Tablespoon brown sugar

2 Tablespoons salt

1-1/2 Tablespoons pepper

4 pound shoulder pork roast or Port Butt

1 Tablespoon cinnamon

2 teaspoons garlic powder

2 Tablespoons smoked paprika

1/2 cup Apple sauce

14 ounce can low sodium Chicken broth

1/2 cup apple cider vinegar

2 Tablespoon Worcestershire sauce

1-1/2 Tablespoon Liquid Smoke

Dry Rub: Combine all the dry rub items together and blend well. Roll out a large sheet of plastic wrap onto your work surface....long enough to wrap around the roast. Wash and dry your roast and place it on the plastic wrap. Spread the rub over all sides of the roast and wrap tightly in plastic wrap and place in a large bowl. It's important to put it in a bowl or deep platter because as the roast absorbs the rub it will release juices that can leak out of the plastic wrap. Put in the refrigerator for at least 2 -1/2 hours but even better to let it sit overnight. The roast is ready to be cooked in the oven or slow cooker. Remove the roast from the refrigerator and discard the plastic wrap.

Oven Method: Preheat oven at 325 degree F. Combine all the wet ingredients in a Dutch Oven and add the roast to the Dutch Oven. Cover and roast for 4 hours or until the roast is the tender enough to pull apart with a fork. Turn the roast over half way through the cooking time or spoon the broth over the top.

Slow Cooker: In the Slow Cooker, combine the wet ingredients and add the roast. Cover and cook over low heat for 8-10 hours until it is so tender it pulls apart with a fork. Turn the pork over half way through the cooking or in the last hour.

When the roast is done, using either method, remove it from the pan onto a cutting board or large serving platter. Let it cool slightly. Shred the pork with a fork and you are ready to eat.

Spagetti:

1 pound of dry spaghetti, wheat or whole grain

4 cups of the pulled pork

Half of a medium onion, diced

1 teaspoon olive oil

1 cup of a Honey BBQ sauce (or not sweet)

3 cups Marinara sauce (not an Italian style)

Cook spaghetti according to the package directions. While spaghetti is cooking, heat the oil in a large over medium heat. Add the onions and cook about 4-6 minutes. Reduce the heat to low and add 4 cups of the shredded pork, BBQ and Marinara sauce. Stir well and when it begins to boil, turn down to a simmer until the pasta is ready. Drain the pasta and put it into a large serving bowl. Add the BBQ meat mixture, toss and serve. Serve with corn on the cob or another vegetable.