

Pulled Pork

2 large sweet onions, cut into 1/2-inch slices

1 (5- to 6-lb.) boneless pork shoulder roast (Boston butt)

2 tablespoons garlic-oregano-red pepper seasoning blend
(or other seasoning blend)

1 teaspoon kosher salt

1 Tbsp liquid smoke, if using oven

1 (10 1/2-oz.) can condensed chicken broth, if using slow cooker

Slow Cooker Method:

Place onions in a lightly greased 6-qt. slow cooker.

Rub roast with seasoning blend and salt; place roast on onions. Pour broth over roast.

Cover and cook on LOW 8 to 10 hours or until meat shreds easily with a fork.

Oven Method:

Place onions on a large piece of heavy-duty foil which has been sprayed with cooking oil. (If using regular foil, double wrap the pork.)

Rub roast with seasoning blend and salt; place roast on onions. Sprinkle with liquid smoke.

Fold foil to seal completely. Place on large rimmed baking pan or in a roasting pan.

Cook in preheated 325 degree oven for 4 - 5 hours or until meat shreds easily with a fork.

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Transfer roast to a cutting board or serving platter; shred with 2 forks, removing any large pieces of fat.

Serve onions with pork, if desired.