

DINNER

Awesome Pulled Pork BBQ

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
630 min	15 min	615 min	10	\$3.99	631 kcal

Awesome Pulled Pork BBQ is an American main course. This recipe serves 10 and costs \$3.99 per serving. Watching your figure? This gluten free recipe has 673 calories, 63g of protein, and 22g of fat per serving. This recipe from Allrecipes requires mustard, chicken broth, onion, and ketchup.

Ingredients

- ☐ 1 apple, cored and quartered
- ☐ 1/2 cup brown sugar
- ☐ 2 cups chopped celery
- ☐ 2/3 cup cider vinegar
- ☐ 10 servings ground black pepper to taste
- ☐ 1 tablespoon liquid smoke flavoring
- ☐ 1 1/2 cups chopped onion
- ☐ 10 servings salt to taste
- ☐ 1/4 cup Worcestershire sauce
- ☐ 5 pound boneless pork loin roast
- ☐ 1/2 cup butter
- ☐ 14 1/2 ounce chicken broth
canned
- ☐ 1 tablespoon garlic powder
- ☐ 4 cups ketchup
- ☐ 2 tablespoons prepared mustard
- ☐ 1 pinch poultry seasoning, or to taste
- ☐ 2 cups water

EQUIPMENT Sauce pan, Dutch oven, Slow cooker

Method

- 1

Place pork in a slow cooker and season to taste with garlic powder, poultry seasoning, salt, and pepper.

- 2 Add quartered onion, apple, and 3 celery stalks.
- 3 Pour chicken broth into slow cooker.
- 4 Cook on Low until very tender, about 8 hours.
- 5 Transfer pork to a large platter and discard juice and vegetables. Shred pork with a fork and return to the slow cooker.
- 6 Prepare barbecue sauce while pork is cooking. Melt butter in a large saucepan or small Dutch oven over medium heat; cook and stir 2 cups celery and 1 1/2 cups onion until onion is translucent, about 5 minutes.
- 7 Add ketchup, water, vinegar, brown sugar, Worcestershire sauce, mustard, liquid smoke, and 1 tablespoon garlic powder; mix. Reduce heat to low and simmer, stirring occasionally, until sauce is thickened, about 10 minutes.
- 8 Pour barbecue sauce over shredded pork.
- 9 Continue cooking pork on Low heat until flavors combine, about 2 hours.

Nutrition per serving

631

KCAL

63 g

PROTEIN

22 g

FAT

45 g

CARBS

Saturated Fat	9.6 g · 60% of daily needs
Fibre	1.7 g · 7% of daily needs
Sugar	35.1 g · 39% of daily needs
Sodium	1,597 mg · 69% of daily needs
Cholesterol	188 mg · 63% of daily needs
Vitamin C	8.1 mg · 10% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/awesome-pulled-pork-bbq-148624