

DINNER

Dale's Pulled Pork

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
215 min	15 min	200 min	6	\$1.37	261 kcal



Dale's Pulled Pork might be a good recipe to expand your main course repertoire. This gluten free, dairy free, and whole 30 recipe serves 6 and costs \$1.37 per serving. One portion of this dish contains roughly 28g of protein, 15g of fat, and a total of 261 calories. This recipe is typical of Americ...

Ingredients

- ☐ 2 cups chicken broth
- ☐ 2¼ teaspoons liquid smoke flavoring
- ☐ 1 onion, halved and thinly sliced
- ☐ 6 servings sea salt and ground black pepper to taste
- ☐ 4 cloves garlic, crushed and chopped
- ☐ 2 tablespoons olive oil
- ☐ 3 pound pork shoulder roast

EQUIPMENT Frying pan, Oven, Pot, Wooden spoon, Aluminum foil, Cutting board

Method

- 1 Preheat oven to 325 degrees F (165 degrees C).
- 2 Season pork shoulder roast generously with sea salt and black pepper.
- 3 Heat olive oil in a 4-quart oven-safe pot with a lid over high heat. Sear seasoned pork roast in hot oil on all sides until completely browned, 2 to 3 minutes per side.
- 4 Remove the pork roast to a cutting board, reserving the fat in the pot.
- 5 Allow the pot to cool slightly and place over low heat. Cook and stir onion and garlic in reserved hot oil until the onions are translucent, about 5 minutes.
- 6 Pour the chicken broth into the pot; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a flat-edged wooden spoon. Stir liquid smoke into the onion mixture. Return pork roast to the pot and cover with a lid.
- 7 Bake in preheated oven until completely tender, 3 to 4 hours.
- 8 Remove pork to a cutting board, cover loosely with aluminum foil, and allow it to rest for 15 minutes. Shred the pork with a 2 forks into fine shreds. Return shredded pork to the pot and stir with the remaining liquid to serve.

Nutrition per serving

261	28 g	15 g	3 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.1 g · 26% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			1.1 g · 1% of daily needs
Sodium			401 mg · 17% of daily needs
Cholesterol			94.3 mg · 31% of daily needs
Vitamin C			3.1 mg · 4% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/dales-pulled-pork-148589