

DINNER

Missouri Miner Pulled Pork

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
620 min	20 min	600 min	18	\$1.12	360 kcal

If you have about 10 hours and 20 minutes to spend in the kitchen, Missouri Miner Pulled Pork might be an outstanding gluten free, dairy free, and fodmap friendly recipe to try. One serving contains 360 calories, 24g of protein, and 18g of fat. This recipe serves 18 and costs \$1.12 per serving.

Ingredients

- ☐ 36 ounce barbeque sauce (such as Sweet Baby Ray's®), or more to taste
such as Baby Ray's®
- ☐ 0.1 teaspoon dried chipotle chili pepper
- ☐ ¼ teaspoon liquid smoke flavoring
- ☐ 3 pounds boneless pork ribs
- ☐ 5 pounds pork shoulder roast
- ☐ ¼ teaspoon smoked paprika
- ☐ 1 tablespoon soy sauce
- ☐ 1 tablespoon Montreal-style steak seasoning, divided
- ☐ 1 cup water, or more as needed
- ☐ 1 teaspoon Worcestershire sauce

EQUIPMENT Roasting pan, Slow cooker, Tongs

Method

- 1

Season pork roast with half the steak seasoning and place in the center of a slow cooker.
- 2

Layer about half the pork rib meat around pork roast and season with about half the remaining steak seasoning, paprika, and chili pepper.

- 3 Layer the remaining pork ribs in the slower and season with the remaining steak seasoning.
- 4 Add soy sauce, Worcestershire sauce, and liquid smoke.
- 5 Slowly pour water over pork, being careful not to wash away the seasoning.
- 6 Cook on Low for 10 hours.
- 7 Transfer meat to a roasting pan; remove and discard any bones and large chunks of fat. Shred pork with tongs or forks.
- 8 Drain and discard liquid from slow cooker; wipe away any remaining fat. Return shredded pork to slow cooker and add about 1 1/2 bottles barbeque sauce. Stir. Continue to heat on Low until ready to serve.
- 9 Serve with remaining 1/2 bottle barbeque sauce.

Nutrition per serving

360
KCAL

24 g
PROTEIN

18 g
FAT

23 g
CARBS

Saturated Fat	5.9 g · 37% of daily needs
Fibre	0.6 g · 2% of daily needs
Sugar	18.9 g · 21% of daily needs
Sodium	746 mg · 32% of daily needs
Cholesterol	93.8 mg · 31% of daily needs
Vitamin C	1 mg · 1% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/missouri-miner-pulled-pork-148605