



## Paleo Pulled Pork

- 1 5-7lb pork butt (I have also used beef, either will work!)
  - 1 Can or 1 1/4 Cup of Chicken Broth
  - 1 Tablespoon Apple cider vinegar
  - 2-3 large apples
  - 2 Onions
  - Few cloves of garlic
  - A few Dashes of Cinnamon
  - Optional: A few Dashes of Red pepper flakes
- Meat Seasoning:
- Salt
  - Pepper
  - Paprika
  - Cinnamon
  - Garlic Powder
  - Chili Powder
  - Cumin



1. Cut up your apples and onions into large chunks and lay them at the bottom of your crock pot.
2. Add in the Chicken stock, apple cider vinegar, garlic, and cinnamon to the bottom of the pot as well. If you like it a little spicy, add some red pepper flakes too!
3. For the roast – I just eye ball all of the spices. Be careful with the cumin, its a very strong taste, as well as the chili powder if you are not a huge fan of spiciness. The more you add, the spicier it will be. What I do it add on the specs and pat them on the roast with my hands. This gets the flavor on there fabulously!
4. Place the Roast on the apples and onions and walla! Set your crock pot on high or low depending on how long your leaving it to cook and in 4-8 hours you will have a delicious meal!
5. Sometimes the pork will fall apart, but you may need to pull it apart gently with a fork. (and yes, your apples and onions will basically be disintegrated, but you will taste the flavor!)

If your storing leftover, try and strain as much of the juice as possible because there is A LOT of grease. Cheers!