



Keto Pulled Pork

Pulled Pork is an easy meal that can stretch a long way! Grab your favorite Keto BBQ sauce, some basic ingredients, and you're on your way to a delicious meal that will feed your family all week long! We tend to eat the leftovers on White Bread Chaffle buns. Serve our Ultimate Keto Coleslaw as a side . . . or on top!

Recipe:

5-7 lb Pork Shoulder

- Season with salt and pepper

½ C Water

1 T Olive Oil

1 Large Onion, diced

Add to bottom of Crockpot, then mix together in a bowl:

½ C Apple Cider Vinegar

8oz Keto Friendly BBQ sauce (we used Primal Kitchen or Kinders)

1 T Yellow Mustard

1 T Worcestershire Sauce

1 T Chili Powder

¼ C Golden Monkfruit

2 tsp minced Garlic

1 tsp Thyme



Mix everything together. Pour over pork. Bake on high for 4-6 hours, then pull pork!

The Keto Dad Tips and Tricks:

- Carbs come from the BBQ sauce used. You can make your own, but it's the tomatoes that ultimately lead to the carbs.
- We used Monkfruit Golden, but you can use any Keto brown sugar replacement! (Like Swerve Brown or Sukrin Gold)

Serving size: 10 servings, approx ½ lb

Calories: 415, Fat: 26g, Carbs: 3g, Fiber: 0g, (Net Carbs 3) Protein: 38g

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