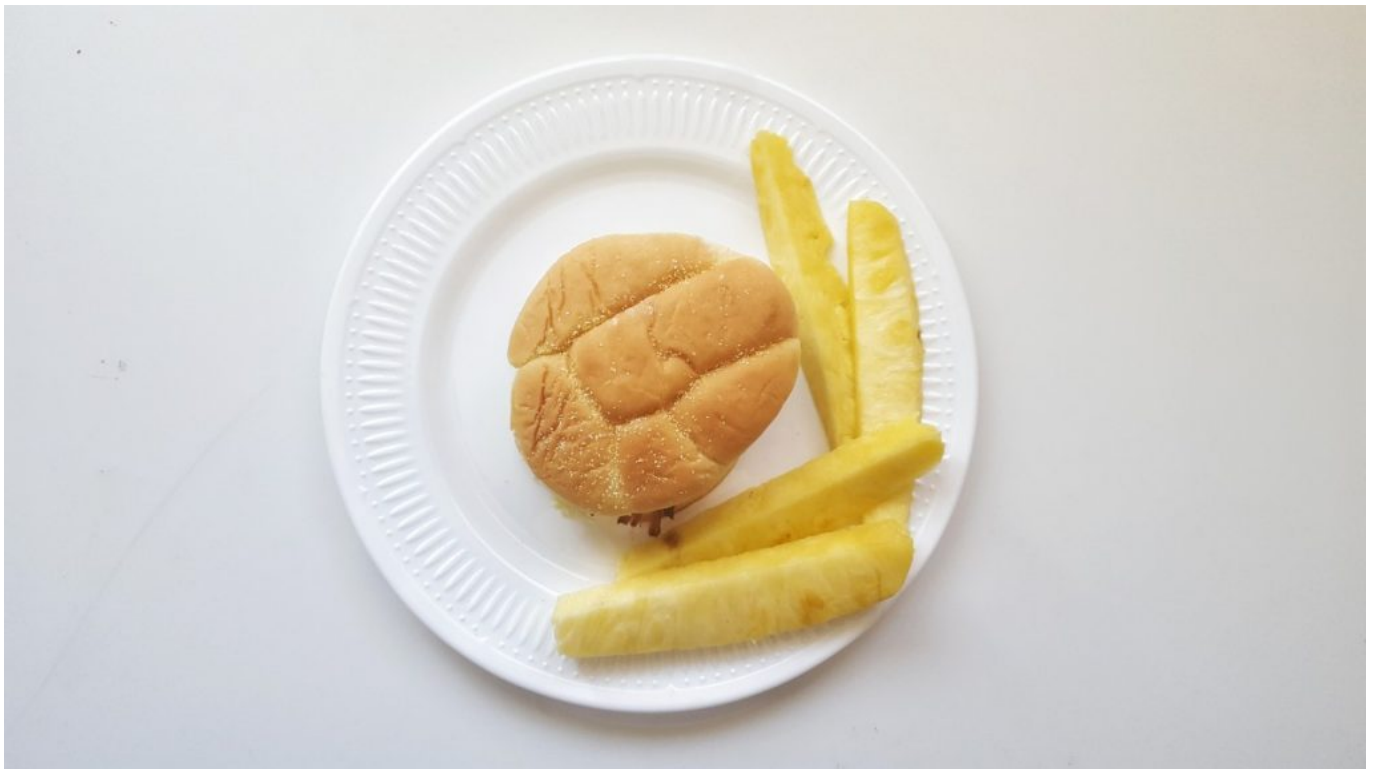


# Gluten Free Pulled Pork Sandwiches

This recipe goes out to my first born Josh. He's been requesting pulled pork sandwiches for months! Josh is a huge fan of meat & anything that can go into a sandwich. He's a bit like his dad in those regards. I haven't met a food combo yet that my husband won't at least try to turn into a sandwich.☐

There is a right way and a wrong way to make pulled pork sandwiches. If this is news to you, don't worry. I am here to help! Please don't buy shredded pork, throw some bbq sauce on top and call it good. There is a method to this classic entre!



## **Step By Step Pulled Pork**

First, buy a pork roast. Pick one with a good amount of fat on it. I know, I know. You probably have some silly idea that fat is bad for you. Animal fat is great for you. All in moderation of course, but this is a good fat! For more info on why animal

fat is good for you read my post on [bone broth](#). Buy from the butcher if you have one available to you. We have a friend who raises pigs and we get all our pork from her. It's amazing.



The bone will literally come out clean!

Second, prep your crock pot by spraying it with olive oil.

Place the pork in the crock pot in the morning and set it on low. "Low and slow" is the name of the game for this recipe. Let it cook about half the day, say from 8am-1pm before adding the other ingredients.

While the pork is cooking, [make your homemade bbq sauce](#). The recipe I linked is easy to set up and simmers for 30 minutes.

At the half-way point of cooking, add in the onion slices.

Once the pork has been cooking for 7 hours on low, add in the bbq sauce. Cook on low for another hour.







Shredding the pork takes seconds!

Then begin shredding the pork. It should be really easy to do. I like using two forks and gently pulling in opposite directions from the place I started.

Set the crock pot to warm and assemble the other ingredients. I use gluten free buns (Udi's is my go-to brand) and top the pork with [Salt And Savour Sauerkraut](#). My current favorite is the Horseradish and Mustard Seed. The flavors collide in a beautiful outpouring of zip and tang with a hint of sweet.



You've never tasted pulled pork quite like this!

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