

# Pulled Pork Sandwiches

Makes 4 servings | Protein • Grains

## Ingredients

- 1 pound frozen pulled pork
- ½ teaspoon black pepper
- ½ cup onion, diced
- 2 cloves garlic, minced (or ½ teaspoon garlic powder)
- ½ cup water
- ⅔ cup barbecue sauce
- 4 Tablespoons cider vinegar
- 4 whole-grain buns

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large skillet, combine pork, black pepper, onion, garlic, and water. Heat until pork begins to thaw.
3. Add in barbecue sauce and cider vinegar.
4. Bring to a boil. Reduce heat and let simmer until water is gone and pork is heated through. The sauce should be thick. If not, cook for a few more minutes until sauce reaches desired thickness.
5. Divide pork between 4 buns.

## Variation

Add vegetables- In step 5, top pork with cabbage mix or coleslaw before serving.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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