

Pulled Pork Sandwiches

Want to know what it's like coming home to a house smelling like a delicious barbecue pit? Come follow us on this journey...

- Servings - 8 sandwiches
- Prep time - 15 minutes
- Slow cooker time - 5 hours

Ingredients

- 2-3 lb pork loin roast (or shoulder)
- 1- 1 1/2 cups BBQ sauce of your choice (try Sweet Baby Ray's Hickory and Brown Sugar)
- 3-4 cups Coca Cola
- 1 large onion, thinly sliced
- 8-10 sandwich rolls/hamburger buns
- 3 bay leaves
- 3 cloves of garlic

For the spice rub: equal parts salt, pepper, paprika, basil, garlic powder and oregano

Protocol

1. Mix the spice rub (we used an old but clean yogurt container).
2. Use approximately 1/3 of a cup of spice rub to cover the pork. If you want, prepare this the night before and leave in the fridge until morning.
3. Place the pork (cut in half for smaller slow cookers), garlic, and bay leaves in a slow-cooker. Add enough Coca Cola to almost cover the pork (we used about a can but this will vary on the size of your slow cooker). Cook for 4-5 hours on low.
4. Once the pork is tender, remove the garlic, bay leaves, and all of the liquid in the slow cooker.
6. While the meat is cooling, caramelize the onions in a pan by placing onion slices in a pan with olive oil or butter and cooking over medium heat. Sprinkle in a pinch of salt, pepper and sugar. Continue to stir until onion strips have reduced in size and completely brown.
5. Shred the meat with a fork (or your fingers) and return it to the slow cooker with the caramelized onions.
6. Add approximately 1 cup of Coca Cola and 1 cup of BBQ sauce to the slow cooker. Add more to taste. Cook on low for an additional hour.
7. Serve on buns and enjoy!