

# RECIPE: Pineapple Pulled Pork

## *Slow cooker directions*

**Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.

**Step 2:** Dump contents of the freezer bag to a slow cooker.

**Step 3:** Cook on low 8-10 hours

**Step 4:** Shred pork, top with fresh pineapple and sauce from a slow cooker, serving over rice.

## *Instant pot directions*

**Step 1:** Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

**Step 2:** Set to High Pressure for 50 minutes, then allow a 15-minute natural release followed by a quick release.

**Step 3:** Shred pork, top with fresh pineapple and sauce from a slow cooker, serving over rice.

*Expiration date:* \_\_\_\_\_



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