

RECIPE: Pulled Pork Whole 30

Slow cooker directions

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

Step 2: Dump contents of the freezer bag into slow cooker.

Step 3: Cook on low for 8-10 hours

Step 4: Remove pork from slow cooker, shred in large bowl, and stir in the sauce from Quart freezer bag.

Step 5: Serve over cauliflower rice or atop whole 30 coleslaw.

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 60 minutes, then allow a 10-minute natural release followed by a quick release.

Step 3: Remove pork from slow cooker, shred in large bowl, and stir in the sauce from Quart freezer bag.

Step 4: Serve over cauliflower rice or atop whole 30 coleslaw.

Expiration date: _____



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