

# **BBQ Pineapple Pulled Pork (Whole30, Paleo)**

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Classic Comfort Food meets Clean Eating with this super simple BBQ Pineapple Pulled Pork Recipe! Toss it in your Slow Cooker when you wake up and have dinner for days by nighttime! This subtly sweet & tangy pulled pork makes a great meal prep for the week and pairs well with any side dish. I served mine with a supersize side of Penny's Primal Cauliflower Mac & Cheese, but you could totally enjoy it on its own, with a side of broccoli, or over top a salad! Don't forget your The New Primal's BBQ Sauce & Seasoning to keep this dish Whole30 compliant! It's so tasty and one serving is INCREDIBLY filling!

## **INGREDIENTS:**

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- 5 to 6 lb. Boneless Pork Shoulder
- 1 Large Sweet Onion, sliced thin
- 2 20oz Cans Pineapple Slices in 100% Pineapple Juice (separate slices & pineapple juice)
- 1/2 Cup Apple Cider Vinegar
- 2 Tbsp The New Primal BBQ Seasoning
- 2 to 3 Bottles The New Primal BBQ Sauce

## **INSTRUCTIONS:**

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1. Take your BBQ Seasoning and rub it evenly along the outside of the Pork, covering the top and sides.
2. Place the Sliced Onion at the bottom of your slow cooker, then add your Pork Shoulder on top.
3. Next, add all of the liquid from the Pineapple Ring cans as well as your Apple Cider Vinegar to the slow cooker. Cover and cook on low for 8-10 hours.
4. Once cooked, remove Pork and place in a large bowl to shred. Discard remaining liquid & onion in the slow cooker.
5. Shred Pork using 2 forks, then stir in 2-3 bottles of The New Primal BBQ sauce depending on how saucy you like it!
6. Top with Pineapple Slices and Enjoy!

**MAKES TEN 3/4-CUP SERVINGS**

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