

BBQ Pulled Pork

Component: Meat

Recipe Category: Main dish

Recipe # KSU Developed

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Brown sugar		8 Tbsp			<ol style="list-style-type: none"> 1. Preheat oven to 350 ° F. 2. Stir together the brown sugar, chili powder, paprika, garlic powder, salt, black pepper and cayenne in a small bowl. 3. Rub the mixture all over the pork roast. 4. Place the roast in a large roaster on a bed of the onion halves. 5. Roast until fork-tender and falling apart, and the internal temperature is at least 170 °F (about 40 minutes per pound of roast). Remove the pork from the cooking dish and set it on a cutting board. 6. Shred tor thinly slice he meats. 7. If advanced prep, store in shallow pans and refrigerate immediately. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Keep refrigerated until ready to begin step 8. If not advance prep, immediately go to step 8. 8. Pour broth and water in a large pot and heat to a boil. Add meat and barbeque sauce, and simmer for 30 minutes. Heat to 165 °F or higher for at least 15 seconds. 9. CCP: Hold for hot service at 135° F or higher.
Chili powder		2 Tbsp			
Paprika		2 Tbsp			
Garlic powder		4 tsp			
Salt		½ tsp			
Black pepper		2 tsp			
Cayenne pepper		2 tsp			
Onions, cut into halves		6 each			
Pork loin roast, with bone, ¼-inch trim OR Pork loin roast, without bone, ¼-inch trim	13 lbs 4 oz OR 10 lbs 14 oz				
Barbecue sauce		3 cups			
Low sodium broth		3 cups			
Water		½ cup			

BBQ Pulled Pork

Component: Meat

Recipe Category: Main dish

Recipe # KSU Developed

Serving: 2 oz meat

1-2 years: 1 oz meat

3-5 years: 1 1/2 oz meat

6-18 years: 2 oz meat

Notes:

Nutrient Information from Food Processor

Nutrients Per Serving

Calories	161.37	Saturated Fat	1.94 g	Iron	0.90 mg
Protein	17.28 g	Cholesterol	48.19 g	Calcium	22.76 mg
Carbohydrate	9.58 g	Vitamin A	16.09 RAE mcg	Sodium	237.88 mg
Total Fat	5.64 g	Vitamin C	0.39 mg	Dietary Fiber	0.42 g (2016 = 0.27)