



I'd Rather Be Stitchin'

A series of quick and easy recipes to get you out of the kitchen and back to stitchin'.

Pulled Pork

Here is an inexpensive, easy and tasty recipe to feed a crowd.

1 – 3-4 lb. boneless pork butt or arm roast (My go-to is the arm roast sold by Costco. They come 2 to a package and usually sell for around \$1.99 lb.)

1 tsp. olive oil

1 package McCormick's Memphis Pit Barbeque Rub seasoning mix

¼ cup water

Rinse the roast and pat dry with paper towels. Rub the oil all over the roast. Pour half of the seasoning mix on a cutting mat or sheet of waxed paper. Roll the roast around until it is covered with the rub. Sprinkle more seasoning mix over the roast as needed. Using your hands, rub the seasoning into the meat – pretend you are massaging a muscle. Pour the water into the crockpot and place the roast in a crockpot. Cook on low for 6-8 hours. Place the cooked roast in a large bowl. Let it cool for a few minutes. Using 2 forks, pull (shred) the meat apart. Salt and pepper to taste. Add a bit of BBQ sauce if desired. The cooked pork keeps well in the freezer for 4-6 weeks. I sometimes use my large crockpot to cook 2 roasts at a time – one for now and one for later.