

HAWAIIAN PULLED PORK

(PREP TIME: 15 MIN | COOKING TIME: 10 H | SERVINGS 6)

INGREDIENTS:

- 3 pounds pork roast
- 2 tablespoons liquid smoke
- 4 cloves garlic
- Black pepper
- Salt
- Bacon

DIRECTIONS:

1. Lay the bacon strips in the bottom of a slow cooker.
2. Make 4 small slits in the pork roast and place a clove of garlic in each slit.
3. Season the roast with some salt and pepper and add bacon strips.
4. Cook the roast for 4 to 5 hours on high, or 8 to 10 hours on low.
5. Pull apart the roast with a fork then serve it warm and enjoy.

(Calories: 472 | Total Fat: 21.4 g | Protein: 64.8 g | Total Carbs:
0.7 g)