

Slow Cooker Greek Pulled Pork

Ingredients

2 1/2 lbs Pork tenderloin, cleaned, cut into 1 inch pieces
1 Small diced onion
1 Small bell pepper, diced
8 cloves of garlic, minced
1 lemon, juiced
1 tsp. Fennel seeds
2 Tbsp. Oregano dried
1 Tbsp. Italian seasoning
1 tsp. Lemon pepper
1 tsp. salt
1/2 tsp. crushed red pepper flakes

Method

- Lightly spray slow cooker dish with non-stick spray or line with a slow cooker liner for easy clean up.
- Add all ingredients to slow cooker
- Stir ingredients
- Cook on low for 7-8 hours or high for 5-6 hours
- Once pork shreds easily, turn heat off and enjoy.

Nutrition Information

Serves 12
Serving Size: 4oz
Calories: 150
Fat: 4g
Carbohydrate: 2g
Protein: 25g
Fiber: 0g

**Chef's Note:* Store Greek pulled pork in fridge for up to 7 days or freeze for up to 6 months. Use this pork to top a greek salad or to make a gyro with tzatziki sauce, cucumbers, arugula, onion and naan.