

★ CHAMPION'S KITCHEN ★

EST. 2019

GOLD MEDAL CAFE

FUEL · RECOVER · ELEVATE



PREP

10 MIN



COOK

6-8 HRS



SERVES

2-4



DIFFICULTY

EASY

Instant-Pot Pulled Pork

INGREDIENTS

- 2 lbs Porkloin, shoulder or butt (in the order of leanness)
- 1 TBSP oil
- 1/2 Bottle BBQ sauce (16-18oz bottle)
- Pinches of salt & pepper
- 1 TBSP Smoked paprika (optional)
- 1 tsp garlic powder (optional)
- Hot sauce (optional)

INSTRUCTIONS

- 01** Season on both sides of pork with salt and pepper (optional - garlic and paprika)
- 02** Turn on an Instant Pot to the "saute" setting. Add oil and warm up.
- 03** Place season pork in heated Instant Pot, sear both sides, 1-2 min each
- 04** Turn off saute setting and pour BBQ sauce. Close the lid, turn the valve on vent, press the Slow Cook button, and cook for 6-8 hrs.
- 05** Once done, shredd with two forks. Add more BBQ sauce as needed



Nutrition Tips:

An athlete's favorite high-protein recipe. This dish can be enjoyed in many different ways - sandwich, over rice, on a salad, wrapped in a tortilla, or simply served with any side dishes (ex. roasted sweet/potatoes and green beans). If you're looking for a lean protein option, tenderloin is the way to go. Pork is an excellent source of several vital nutrients, including B vitamins (B1, B2, B3, B6, and B12) as well as zinc!

