

★ CHAMPION'S KITCHEN ★

EST. 2019

GOLD MEDAL CAFE

FUEL · RECOVER · ELEVATE

★★★★★



PREP

10 MIN



COOK

6-8 HRS



SERVES

**4 x 8-oz portion
5 x 6-oz portion**



DIFFICULTY

EASY

Instant-Pot Pulled Pork

INGREDIENTS

Pulled Pork

- 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

<Optional>

- 1 TBSP Smoked paprika
- 1 tsp garlic powder
- Hot sauce

Green Beans + Potatoes

- 2 cups Green beans, trimmed
- 2 medium-large size sweet potato
- 1 TBSP Oil
- Salt to taste

INSTRUCTIONS

- 01** - Season on both sides of pork with salt and pepper (optional - garlic and paprika)
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- 02** Turn on an Instant Pot to the "Saute" setting. Add oil and warm up. Place season pork in heated Instant Pot, sear both sides, 1-2 min each
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- 03** Turn off Saute setting and pour BBQ sauce over pork. Close the lid, turn the valve on vent, press the "Slow Cook" button, and cook for 6-8 hrs.
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- 04** Once done, shredd with two forks. Add more BBQ sauce as needed.
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- 05** Pre-heat oven to 400°F. Cut sweet potatoes into halves. Take off tips Place them on a baking sheet and bake for 30 min.

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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!

