Crock Pot Skinny Pork BBQ

Yield: 10-12 (3-4 oz.) Servings

Ingredients
2.5-3 lbs. pork tenderloin
2 cups chicken broth
¾ cup apple cider vinegar
2 tbsp. black pepper
6 bay leaves
2 garlic cloves
½ cup ketchup
1 medium onion (minced) or
1 tbsp. onion powder

Directions
1. Add all ingredients to the crock pot.
2. Cook on low for 6-8 hours or high for 4-5 hours (to an internal temperature of 160 degrees F.)
3. Shred by using two forks to pull the meat apart.

Tip
• Use your leftover pork creatively as a salad topping, shredded pork tacos, or a BBQ sandwich. For some heat, add a few dashes of hot sauce while cooking.