



Hawaiian Style Slow Cooked Pulled Pork

Say “aloha” to this Hawaiian style pulled pork recipe. Smoky and succulent, it can be served over rice, added to soup, or used as a high-protein addition to scrambled eggs for breakfast.

Serves 16 (1 serving = 4 oz)



Ingredients

- 4 pounds pork roast
- ½ teaspoon ground black pepper
- ½ teaspoon paprika
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 2 tablespoons liquid smoke
- Optional garnish: (pickled red onions or radishes) 1 red onion or 4 radishes, ⅓ cup white vinegar and ¼ teaspoon of sugar

Nutrition Per Serving

Calories	285 cal	Carbohydrates	1 g
Total Fat	21 g	Protein	20 g
Saturated Fat	7 g	Phosphorus	230 mg
Trans Fat	0 g	Potassium	380 mg
Cholesterol	83 mg	Dietary Fiber	0 g
Sodium	54 mg	Calcium	9 mg

Directions

1. Combine black pepper, paprika, onion powder, and garlic powder in a small bowl.
2. Rub the seasoning blend on all sides of the pork. Place pork into a slow-cooker or a crock-pot. Sprinkle with liquid smoke.
3. Add enough water to the slow-cooker or crock-pot to measure ¼–½” deep. Cook on high for 4–5 hours.
4. Remove pork from cooking liquid and shred meat using two forks.
5. Optional: Garnish with sliced pickled red onions or radishes.

Tip: For quick pickled red onions or radishes, marinate one sliced red onion or 4 sliced radishes in a mixture of ⅓ cup of white vinegar and a ¼ teaspoon of sugar for 1 hour. Drain and use as a garnish.

Note: Shredded or pulled pork can be used in a variety of ways. Serve it over rice, add it to soup, or create a high-protein breakfast by adding it to scrambled eggs.

Recipe provided by Fresenius Kidney Care.

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