



Quick and Easy Oven Roasted Pulled Pork *(from JBug's Kitchen via dinnerwithjulie.com)*

4 to 5 pounds pork butt roast
Salt and coarse ground black pepper
All-purpose flour
2 tablespoons vegetable oil
2 large onions, sliced
4 cloves garlic, minced
1-1/2 cups low sodium chicken stock
1-1/2 cups prepared barbecue sauce (I used Kraft original)
2 tablespoons brown sugar
2 tablespoons balsamic vinegar
2 tablespoons coarse grain mustard

Heat vegetable oil in a large Dutch oven over high heat. Season roast with salt and pepper and dredge in all-purpose flour. When oil is shimmering add roast to pot and brown well on all sides - takes about 20 minutes. Carefully remove roast from pot and drain off and discard accumulated fat. Add onions to pot and place browned roast on top. Mix together garlic, chicken stock barbecue sauce, brown sugar, balsamic and mustard. Pour over roast. Cover pot and place in a preheated 275 oven for 5 to 6 hours or until roast is fall-apart tender. Remove roast from pot and allow to sit for 15 minutes. Meanwhile skim excess fat from sauce and set half of sauce aside in a small bowl, leaving the other half in the pot. When roast is cool enough to handle, shred meat using two forks and return to pot. Combine shredded meat with sauce, adding reserved sauce as required to achieve desired consistency.