



courtesy of Who Are Those Guys? BBQ Competition Cooking Team
<http://www.watgbbq.com/>

Crock-Pot Pulled Pork

**From Dan Hixon- Pitmaster
3 Eyz BBQ Team**

Not everybody has a smoker, so here is a kitchen version of pulled pork from Pitmaster Dan Hixon of 3 Eyz BBQ (<http://www.3eyzbbq.com/>).

Ingredients

1 6-9lb Boston Butt or Pork Picnic
1 cup of minced onions (suggested dried)
1 can of your favorite beer
water
1 tsp Liquid Smoke
your favorite BBQ sauce
3 Eyz BBQ Rub

- Take 1 6-9 lb Boston Butt or Pork Picnic and trim off most of the outer fat layer.
- Cover generously with 3 Eyz BBQ Rub. Place the meat in a crock pot with a can of your favorite beer and some water (enough to cover the meat about 1/3 of the way).
- Add about a cup of minced onions (suggested dried). Cook the pork for 12-14 hours on low.
- Drain off all the liquid, pull the bone out (it will slide out), pull and shred the pork, removing any remaining fat (even a spoon will shred it at this point) and add as much BBQ sauce as you want.
- If you want a smoky flavor add a tablespoon of liquid smoke. More flavor? Just add some more 3 Eyz Rub to taste. Serve on hamburger rolls with some Cole Slaw.

Feel free to experiment yourself, there is really no right or wrong way to do this. Have fun!