

CAROLINA-STYLE PULLED PORK

Yield: 12–15 Servings (3/4 Cup)



TOTAL TIME: 2 hours 45 minutes

INGREDIENTS

- 5 lbs. boneless country style pork ribs
- ¼ cup Wegmans BBQ Seasoning Shak'r
- 1 bottle (19 oz.) Memphis-style BBQ sauce
- 1 bottle (12 oz.) beer
- 1 cup Tuscan white wine vinegar
- Salt and pepper to taste
- Wegmans Food You Feel Good About Rolls, Soft Sandwich, 100% Whole Wheat

PREPARATION

Preheat grill on high 10 min.

Preheat oven to 350 degrees.

1. Coat ribs evenly with BBQ seasoning; working in well to completely coat. Let rest 5 min.
2. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
3. Combine BBQ sauce, beer and vinegar in large braising pan on stovetop. Bring to simmer on medium; simmer about 5 min.
4. Sear ribs on grill, about 1½ min. per side; do not cook through. Place seared ribs in sauce in braising pan on stovetop. Bring sauce back to simmer, about 2 min. Cover. Transfer pan to oven; braise 2 hours. Remove from oven; uncover and let cool 15 min.
5. Shred pork while still in the pan using two sturdy dinner forks, 5–10 min. to desired texture. Season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 540; Fat: 35 g (12 g saturated fat) Cholesterol: 125 mg; Fiber 0 mg; Carbohydrates: 10 g; Protein: 32 g; Sodium: 820 mg.

Recipe courtesy of Wegmans