

## **Pulled BBQ Pork**

1 Pork Tenderloin 3-4 lbs.

1 onion, chopped

1-2 cups Sweet Baby Ray's BBQ Sauce

2 Tsp. Worcestershire Sauce

1 Tsp Liquid Smoke

2 Tbsp. Hot Chow-chow

Non-Stick Spray

In a skillet, brown the tenderloin with the onion that has been chopped. Add the Worcestershire Sauce and Liquid Smoke. Transfer this to a slow cooker with a bag. Add the Chow-chow, and 1 cup of the BBQ sauce. Cook on low 8 hours or high for 4 hours. Remove the meat from the crock and shred with 2 forks. Use ½ cup of the juice left in the slow cooker to mix with the meat along with 1 additional cup of the BBQ sauce. Mix and drain remaining liquid from the slow cooker. Put the Pulled BBQ Pork back in the slow cooker to keep warm for serving.