

BBQ Pork Topped Sweet Potatoes

Ingredients

- 1 onion, chopped
- 1 bell pepper, chopped
- 2-3 lb pork shoulder
- 1 Tbsp chopped garlic
- 1/2 cup unsalted broth
- 1 cup barbecue sauce of choice
- 6 medium sweet potatoes
- Green onions, chopped (optional)

Directions

1. Place onions, bell pepper, and pork shoulder in crock pot. Top with garlic and broth. Cook on low for 8 hours.
2. Shred pork and mix in barbecue sauce until meat is lightly coated.
3. Cook sweet potatoes in microwave, two at a time, for 6-7 minutes or until tender.
4. Split sweet potatoes in half lengthwise. Top with approximately 1/2 cup shredded pork and green onions on each potato half.

Nutrition Facts: Serving Size: 1/2 cup pork plus 1/2 sweet potato; Calories: 230; Calories from Fat: 50; Total Fat: 6g; Saturated Fat: 2g; Trans Fat: 0g; Sodium: 330 mg; Total Carbohydrate: 24g; Dietary Fiber: 3g; Sugars: 11g; Protein: 19g; Vitamin A: 190%; Calcium: 4%; Vitamin C: 20%; Iron: 10%



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