

Slow Cooker Pork Lettuce Wraps

I know that slow cooked pork is not the thing you want to eat on a lettuce wrap. It's more of a thick, toasty bun kinda situation, but go with me on this.

A pork roast is kind of hearty, gut busting food. It's delicious on a bun, and you can certainly serve it on a bun if you want, but I like the lettuce wrap because it adds nutrition and doesn't weigh you down. It's a little messy, sure, but when have you had a shredded pork sandwich that wasn't kind of messy? And if you're eating Paleo or gluten-free, the bun is the perfect dispenser that allows you to eat such hearty food without feeling bad.

So about this pork. I made it in a slow cooker, and added not a lot of stuff, because slow cooked pork doesn't really need a lot does it? It's pretty melt in your mouth tender, rich in flavor, and delicious all on its own. One thing that makes a difference though? That sear at the beginning. Do it. Do it long and strong, so that your roast is browned. Ava Jane's Kitchen Avocado Oil is perfect for that part because it holds up to the heat well and helps your roast brown beautifully. And the deeper the color, the deeper the flavor. You need something to flavor up that lettuce, after all.

I scooped this in to the lettuce and topped it with what I had on hand, which is what I urge you to do. I used leftover bacon pieces, cherry tomatoes, and chopped green onions. But I would imagine a lot of things would work here: barbecue sauce, cole slaw (if you're serving it on a bun, of course), roasted veggies, avocado. Anything really, but remember, the pork is the star. Leftovers keep pretty well in the fridge and can be used for tacos, more sandwiches, or whatever your heart desires.

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Serves 4-6

Prep time: 6-8 hours

Ingredients:

1 2-3 pound pork shoulder

3 tablespoons Ava Jane's Kitchen Avocado Oil

1 onion, sliced

4 cloves garlic, smashed

2 tablespoons apple cider vinegar

2-4 cups chicken broth

Lettuce leaves (or sandwich buns) for serving

Toppings of your choice: chopped herbs, bacon bits, veggies, etc.

Sea salt and fresh ground pepper

Directions:

Season the pork shoulder liberally with salt and pepper. Heat a heavy, deep skillet over medium high heat and add the oil. Sear the pork roast until well browned all over and

transfer to your slow cooker.

Add the onions, garlic, vinegar and broth (enough to cover about half your roast) and cook over low heat for 6-8 hours, until pork is falling apart and tender.

Let cool before scooping into your lettuce leaves, top with your favorites, and enjoy!