**Slow-Cooker Pulled Pork**

Total time: 15 min. prep, 8-10 hours cook  
Recipe yields: 16 (3 oz) portions

**Directions:**
1. Pat pork shoulder roast dry with paper towel, discard towel.  
2. Line bottom of a 4-6 qt slow cooker with onion rings, gently pour vinegar onto bottom of cooker and place pork shoulder on top of onions.  
3. In a small bowl, combine garlic, pepper, paprika, cumin and brown sugar. Rub mixture on top and sides of pork roast.  
4. Cover with lid, cook on low-heat setting for 8-10 hours (4-5 hours high-heat setting) until pork pulls apart easily with a fork.  
5. Transfer meat to cutting board (Reserve juices skimming off fat, discard onions). Cover pork with foil and let rest for 10 minutes. Wearing disposable gloves, pull pork into large pieces and then use either a fork to shred or a knife to chop into smaller pieces.  
6. Transfer pulled pork to pan and add enough reserved juices to moisten pork to desired level.

**Serving Suggestions:**
- On buns, nachos, and in burritos, enchiladas or tacos
- As a topping for baked potatoes, pizza, etc.

**Nutritional Analysis (3 oz):**
229 calories, 10 g Total Fat, 8g Carbohydrate, 24g Protein

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**Ingredients:**
- 4-5 lb Pork shoulder roast *  
- 1 large white onion, sliced into 1” rings  
- 1 cup apple cider vinegar  
- ½ cup minced garlic  
- 1 tsp black pepper  
- 1½ tsp smoked paprika  
- 1½ tsp ground cumin  
- ½ cup brown sugar, packed

* Bone-in or Boneless Blade roast (Boston Butt) preferred, fat trimmed to ⅛”

Go Long for Guac

Total time: 10 minutes prep, 1 hr. chill time
Recipe yields: 8 (¼ cup) servings

Directions:
1. Wash, peel, and mash avocados in medium size mixing bowl using a fork.
2. Cut tomato into quarters and using a spoon remove seeds. Dice tomato into ¼” dices.
3. Wearing disposable gloves, cut jalapeno in half and remove seeds, mince.
4. Add tomato, onion, cilantro, jalapeno, lime juice, and salt to mashed avocado. Stir gently to mix well. Taste and adjust spiciness with hot sauce as desired.
5. Chill if preferred, serve with whole grain tortilla chips.
6. Store in refrigerator. Place saran wrap directly on top of guacamole to prevent browning. Cover bowl tightly with lid.

Serving Suggestions:
- With whole grain tortilla chips
- On nachos
- On tacos or burritos
- As a sandwich spread on a wrap or sub

Nutritional Analysis (¼ cup):
- 76 calories, 6g Total Fat, 5g Carbohydrates, 1g Protein

Ingredients:
- 2 ripe medium avocados
- 1 medium Roma tomato
- 1 small jalapeno, minced
- ¼ cup red onion, chopped
- ¼ cup cilantro, finely chopped
- 1 lime, juiced
- ½ tsp salt
- hot sauce as desired

Source: www.simplyrecipes.com/recipes/perfect_guacamole/
Tumble, Tackle, Apple Cider

Total time: 30 minutes
Recipe yield: 22 cups

Directions:
1. In a large stockpot combine water, sugar, and cinnamon sticks.
2. Put cloves in a tea ball or tie in a cheesecloth and add to water mixture.
3. Bring water mixture to a boil.
4. Boil for 10 minutes or until sugar dissolves.
5. Remove tea ball and cinnamon sticks.
6. Add orange juice, lemon juice, and apple cider.
7. Heat until warm and serve.

Serving Suggestions:
Add spiced rum, brandy, or liquor of choice to liven up the tailgate.

Nutritional Analysis (1 cup):
166 calories, 0g Total Fat, 42g Carbohydrates, 0g Protein

Ingredients:
1 quart (4 cups) water
2 cups sugar
4 cinnamon sticks
16 whole cloves
2 cups orange juice
½ cup lemon juice
1 gal apple cider

Source: “Breese Through Out Kitchens: A Collection of Recipes by the Breese Junior Women’s Club”
Sideline Salsa

Total time: 20 minutes + chilling
Recipe yields: 10 (½ cup) servings

Directions:
1. Cut tomatoes into quarters and using a spoon remove seeds. Chop into ½” pieces.
2. Wearing disposable gloves, cut jalapeno in half and remove seeds, chop.
3. Combine all ingredients in a food processor or blender and pulse until desired consistency.
4. Add hot sauce based on spiciness taste preference.
5. For the best flavor, chill overnight.

Serving Suggestions:
• Use as dip with multigrain tortilla chips
• Use as topping on nachos
• Use as addition to fajitas or quesadillas

Nutritional Analysis (½ cup):
20 calories, 0g Total Fat, 5g Carbohydrates, 1g Protein

Ingredients:
3 cups chopped Roma tomatoes
1 each jalapeno, minced
½ cup chopped green pepper
1 cup chopped red onion
¼ - ½ cup cilantro, finely chopped
1 lime, juiced
1 clove garlic, minced
½ tsp salt
hot sauce (Cholula) as desired

Source: www.allrecipes.com/recipe/214893/the-best-fresh-tomato-salsa/