

BBQ Pork Stew

2.5 lb pork loin

1 Tbsp Grill Mates BBQ Seasoning or Mesquite seasoning

1-18 oz bottle smoky mesquite bbq sauce

1-14 oz can chicken broth

1-32 oz chicken broth

2-16 oz bags vegetable soup mix

2-14.5 oz cans fire roasted diced tomatoes (Hunts)

2 cups frozen whole kernel corn (I don't usually add this in)

Preheat oven to 350 degrees F. Rub roast with the dry seasoning and place in a foil lined 13 x 9 in. pan.

Pour bbq sauce and 14 oz can of chicken broth onto roast. Cover tight with foil.

Bake 1-1.5 hours or until fork tender.

Remove roast from the pan and save the drippings.

Shred the roast after it's cooled a bit.

Pour drippings into a large pot.

Add the pork, 32 oz broth and last 3 ingredients. Bring to a boil over medium-high heat, reduce and simmer for 30 minutes. I keep mine warm in a crock pot.

Serve and enjoy!

Crock pot: Cook meat in oven as directed and shred. Add to crock with rest of ingredients. Cook on LOW for 8 hours.

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