

# Gluten Free Pulled Pork Chilli

From [Freefromg.com](http://Freefromg.com)

## Ingredients:

500g Pork Shoulder  
1 Large Onion  
1 Bulb of Garlic  
2 Tablespoons Tomato Puree  
2 Tablespoons Dried Thyme  
2 Tablespoons Paprika  
2 Tablespoons Cumin  
1/2 Teaspoon Dried Parsley  
1/2 Teaspoon Dried Marjoram  
1/2 Teaspoon Dried Basil  
1/2 Teaspoon Dried Oregano  
1/2 Teaspoon Dried Sage  
1 Teaspoon Chilli Powder  
600ml Gluten Free Chicken Stock  
1 Tin of Peeled Plum Tomatoes  
1 Teaspoon Olive Oil

## Directions:

- Peel and roughly chop the onion
- Peel the garlic
- Cut the pork shoulder into 1 inch cubes
- Make up the chicken stock
- Heat oil in a saucepan
- Add the onion and cook until soft
- Add the stock to the onion
- Add the pork and stir, bring to the boil
- Add the tomato puree, tomatoes and herbs, stir
- Mince the garlic into the pan and stir
- Cover and simmer for at least 1 and a half hours until the pork falls apart easily when touched with a fork