

Slow Cooked Pork with Peach BBQ Sauce

Adapted from [Clean Eating July 2012](#)

Ingredients:

1 tablespoon olive oil
2 large onions, chopped
2 cloves garlic, minced
1 to 2 small peaches, peeled, pitted and chopped
15 ounces boxed or jarred diced tomatoes
6 ounces low-sodium tomato paste
2 tablespoons apple cider vinegar
1 tablespoon pure maple syrup
1 tablespoon Worcestershire sauce
2 to 3 pounds pork shoulder, pork butt, trimmed of visible fat
12 Hamburger buns

For the Slaw:

Juice of 1 orange
1 lime, zested and juiced
2 tablespoon nonfat plain Greek yogurt
1 1/2 cups napa cabbage, shredded
1 1/2 cups purple cabbage, shredded
1/2 cup fresh cilantro, chopped

Instructions:

1. Prepare the BBQ sauce. In a large skilled, heat the oil over medium heat. Saute the onions until translucent, and until tender, about 3 minutes. Reduce the heat to medium and add the garlic and peaches. Stir until combined and fragrant, about 3 minutes. Stir in the tomatoes, tomato paste, vinegar, maple syrup and Worcestershire sauce. Cook, stirring occasionally, for about 15 minutes. Using a hand immersion blender, puree until smooth. Or alternatively, place in a blender or food processor.
2. Place pork in your slow cooker/crock-pot. Add the BBQ sauce, cover and cook for 4 to 6 hours on high or 8 to 10 hours on low heat. Cook until the pork is fork-tender and shreds easily with tongs or fork.
3. Prepare the slaw. In a large bowl, whisk the orange juice, lime zest, lime juice, and yogurt. Add the shredded cabbage and cilantro. Cover and refrigerate until chilled, 20 minutes to 1 hour.
4. When ready to serve, spoon shredded pork onto desired hamburger buns and serve with slaw on top.

Yield: 12 servings

Printed from [Mrs. Regueiro's Plate](#)