

Healthy Harvest® Pasta Sauce Italian Pulled Pork Sandwiches

Preparation Time: 15 minutes
Cooking time: 3 hours 30 minutes
Servings: 10



BBQ pulled pork meets a meatball sub to create a new classic everyone will talk about until the next get together.

Ingredients

1 jar (570 mL)	Healthy Harvest® Pasta Sauce Tomato and Herbs
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3 lb (1.5 kg)	pork shoulder or butt roast, trimmed
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2 tbsp	olive oil
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1	onion sliced
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1	red pepper, sliced
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1	green pepper, sliced
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4 oz (125 g)	sliced mushrooms
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1/2 tsp (2 mL)	each salt and pepper
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1 tbsp	red wine vinegar
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10	Italian Kaisers
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10	slices mozzarella or provolone cheese
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Instructions

1. Cut the roast into 4 large chunks and place in a slow cooker. Pour the sauce over the pork. Turn the slow cooker to high and cook for 3 hours or on low for 6 hours until very tender.
 2. Transfer the chunks of pork from the sauce to a cutting board. Shred the pork using 2 forks and toss with the sauce. Keep warm in the slow cooker.
 3. Meanwhile, heat the oil in a large skillet set over medium-high heat. Add the onion, red pepper, green pepper, mushrooms, salt and pepper. Cook for 5 minutes or until softened. Reduce the heat to medium.
 4. Cook, covered and stirring occasionally, for 10 minutes or until very tender. Stir in the vinegar and remove from heat. Divide the shredded pork and pepper mixture evenly between the Kaisers. Top with mozzarella and serve immediately.
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Nutritional Information per serving:

477 calories, 18 g fat, 2 g saturated fat, 76 mg cholesterol, 653 mg sodium, 35 g carbohydrates, 3 g fibre, 5 g sugar, 33 g protein.



[< Back](#)

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