

Crock Pot Pulled Pork Tenderloin

Fall is almost here... Starbucks is already serving up pumpkin spice lattes and football seasons have officially started, that means the weather should start to cool off, even here in the South, and the leaves should start to change.



I love making pulled pork, but everyone likes their BBQ sauce a little different, usually depending where you live. [THIS ONE IS MY FAVORITE.](#) Some like it sweet and smoky, some like it vinegar-based, and others (like my kids) just want to top every kind of meat with ketchup. Yes, that actually happens in my house, but at least they are eating protein, right?!

So this recipe is a great SIMPLE way to make pulled pork in the crock pot and then you can decorate it however the hell you want! It's a great meal for football parties, tailgates, birthday parties, and all other fall festivities. Throw it in before you go pick that perfectly round pumpkin. Decorate your table with pretty leaves and then serve a bowl of this deliciousness for the table of fall fans to devour. I don't care how you eat it, it's easy to make and easy to eat. Isn't that the point?!

You won't believe that this is only three ingredients. Here's the catch— not all crockpots cook at the same temperature, so watch the meat the first time you make this and don't let it dry out. Your meat will release enough juices to let it cook

low and slow without any excess. But if your cooker is too hot, it will scorch the meat and dry it out. Don't do that. ONLY COOK THIS RECIPE ON LOW. LOW, I SAY!

Happy Fall. Yay Football! Pass that caffeinated cup of fake gourd goodness.

Crock Pot Pulled Pork Tenderloin

Serves 4-6

1.5 lb pork tenderloin (a little more or less is ok too)

1 large gala apple, sliced into 1/3 inch strips, skins left on

1/2 sweet onion, sliced the same thickness as the apples



After cooking for 6 hours on LOW, use two forks to easily shred the meat.

Put all ingredients in crock pot. Cook on low for 6 hours. ONLY ON LOW. Then, using two forks, shred the meat in the crockpot and stir the apples and onions throughout. Top with your favorite BBQ sauce and serve on squishy white bread buns accompanied by bread and butter pickles or coleslaw.