



“Honey BBQ Shredded Pork Wraps”

Ingredients:

- One 3 to 3 ½-pound boneless pork shoulder roast
- 1 cup ketchup
- 1 cup chopped celery (2 stalks)
- 1 cup chopped onion (1 large)
- ½ cup water
- ⅓ cup honey
- ¼ cup lemon juice
- 3 tablespoons white vinegar
- 2 tablespoons dry mustard
- 2 tablespoons Worcestershire sauce
- ½ teaspoon ground black pepper
- 12 (8 inch) whole wheat tortillas

Active: 25 minutes
Total Time: 7 hours
Servings: 12

Preparation:

Perfect for tailgates, these delicious BBQ wraps are made in your slow cooker.
Source: Diabetic Living Magazine

1. Remove string or netting from pork, if present. Trim fat from pork. If necessary, cut roast to fit into a 4- to 5-quart slow cooker. Place meat in cooker. In a medium bowl stir together ketchup, celery, onion, water, honey, lemon juice, vinegar, mustard, Worcestershire sauce and pepper. Pour over meat in cooker.
2. Cover and cook on low-heat setting for 13 to 14 hours or on high-heat setting for 6-1/2 to 7 hours. Remove meat from cooker, reserving sauce. Using 2 forks, shred meat and place in a large bowl.
3. Skim fat from sauce. Add enough of the reserved sauce to moisten pork (about 1 cup). Spoon about 2/3 cup pork atop each tortilla. Roll up and cut in half to serve.

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Nutrition Information: Serving Size = 1 wrap

Calories	326 calories
Total Fat	10.3 grams
Saturated Fat	3.4 grams
Fiber	10.3 grams
Sodium	589 milligrams
Cholesterol	73 milligrams
Carbohydrates	24.5 grams
Iron	3 milligrams
Protein	31 grams
Sugar	9 grams
Potassium	486 milligrams

Tips:

For easy clean up, line your slow cooker with a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, remove food from your slow cooker and simply dispose of the liner. Do not lift or transport the disposable liner with food inside.

To warm tortillas, preheat oven to 350 degrees F. Wrap tortillas tightly in foil. Bake about 10 minutes or until heated through.