

CROCK POT PULLED PORK



Ingredients:

1 can (28 oz) plum tomatoes
1/4 c molasses
1/4 c honey
2 T tomato paste
1 T garlic, chopped
1 bay leaf
1 T cumin
1/2 t cracked pepper
1/2 t red pepper flakes

Directions:

Prepare barbecue sauce the day before. Bring to a boil, simmer till thick. Add 3 cups water, 1 1/2 cups cider vinegar and salt. Bring to a boil, reduce heat and cook on medium low for 1 1/2 hours.

Discard bay leaf.