

# Betty's Southern Pulled Pork Barbecue Sandwich Recipe



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In this video, Betty demonstrates how to make a pulled pork sandwich. Southern folks (like me) thrive on comfort food like this!

## Ingredients:

1.25 lb. cooked pork tenderloin (See "Betty's Roast Pork Tenderloin and Gravy" recipe for instructions.)

1lb. 2 oz. bottle barbecue sauce (I used K.C. Masterpiece Original for this recipe.)

8 fresh whole wheat sandwich buns

Trim any excess fat from the cooked pork tenderloin. With your hands, pull off chunks and strips of the pork. What you get is called "pulled pork." Either make your own barbecue sauce or use a nice, bottled sauce, such as K.C. Masterpiece Original, and pour the sauce over the pulled pork. You may not need the full bottle, so go slowly at the end, stirring the mixture as you introduce the sauce. When it is to the consistency you like, spoon the whole mixture into an 8-inch by 11-inch Pyrex dish, lined with foil on the bottom, which can come up and cover the top, as well. When finished pouring the barbecue mixture into the foil-lined pan, spread it evenly along the bottom, and bring up the ends of the foil to cover the top. Place the Pyrex dish in the oven, which has been preheated to 400 degrees. Bake 20 minutes, and remove from the oven. Spoon the cooked barbecued pulled pork into a serving dish. Ladle a generous amount of pulled pork on top of a whole wheat sandwich half, and top it with the matching sandwich half. Serve while hot! It' great!!!

Menu suggestion: Serve Betty's Southern Pulled Pork Sandwich with Betty's Creamy Shortcut Coleslaw, wavy potato chips, and a soft drink. Enjoy!