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## **Pulled Pork & Beans**

Serves 6

Pork and beans are such a natural pairing— we’ve always wondered why the pork element is limited to a teeny bit of fat per can of beans. We’ve righted that wrong. Pulled Pork and Beans is great served on soft buns, topped with creamy coleslaw, like traditional pulled pork. It’s a little sloppier, though—we like to treat it more like sloppy joes, served warm on soft buns or slabs of cheese bread. It’s also pretty fab over a baked potato, topped with cheese or not. Or, of course, you could always eat it straight up.

Canola or olive oil, for cooking (optional)

1 to 2 lb (500 g to 1 kg) pork shoulder, country-style ribs, or tenderloin

2 cups (500 mL) cooked red kidney beans, or a 19 oz (540 mL) can, rinsed and drained

2 cups (500 mL) cooked white kidney beans, or a 19 oz (540 mL) can, rinsed and drained

½ cup (125 mL) ketchup (or half ketchup, half bottled chili sauce)

¼ cup (60 mL) honey or maple syrup

¼ cup (60 mL) red wine vinegar, apple cider vinegar, or balsamic vinegar

2 Tbsp (30 mL) brown sugar

1 Tbsp (15 mL) soy sauce

1 Tbsp (15 mL) grainy or yellow mustard

2 to 3 garlic cloves, crushed

A few shots of Tabasco (optional)

¼ cup (60 mL) barbecue sauce, or to taste (optional)

If you want to boost flavour in the finished dish, heat a drizzle of oil in a heavy skillet set over medium-high heat and brown the meat on all sides before transferring it to a slow cooker or baking dish. Add the remaining ingredients (except the barbecue sauce), cover, and cook on low for 6 to 8 hours (in a slow cooker), or in a 300°f oven for 4 to 4½ hours, until the pork falls apart when you poke it with a fork.

Skim as much fat as you can off the surface and pull the pork apart, right in with the beans, using 2 forks. Take out any bones, if you used bone-in pork. Stir in the barbecue sauce, if you like. Serve straight up, over rice, or sloppy joe-style on soft buns or slabs of cheese bread.