

BBQ Pulled Pork on a Roll

Recipe Component Meat

Recipe Category Main dish

Recipe # KSU Developed

| | 25 Servings | | ____ Servings | | |
|------------------------------------|-------------|---|---------------|---------|--|
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Brown sugar | | 4 Tbsp | | | <ol style="list-style-type: none"> 1. Preheat oven to 350 degrees F. 2. Stir together the brown sugar, chili powder, paprika, garlic powder, salt, black pepper and cayenne in a small bowl. 3. Rub the mixture all over the pork roast. 4. Place the roast in a large roaster on a bed of the onion halves. 5. Roast until fork-tender and falling apart, and the internal temperature is at least 180 °F (about 40 minutes per pound of roast). Remove the pork from the pot and set it on a cutting board. 6. Shred the meat with two forks. 7. If advanced prep, store in shallow pans and refrigerate immediately. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Keep refrigerated until ready to begin step 8. If not advance prep, immediately go to step 8. 8. Pour broth and water in a large pot and heat to a boil. Add meat and barbeque sauce, and simmer for 30 minutes. Heat to 165 °F or higher for at least 15 seconds. 9. Place two ounces of meat on each roll. <p>CCP: Hold for hot service at 135° F or higher.</p> |
| Chili powder | | 1 Tbsp | | | |
| Paprika | | 1 Tbsp | | | |
| Garlic powder | | 2 tsp | | | |
| Salt | | 1/4 tsp | | | |
| Black pepper | | 1 tsp | | | |
| Cayenne pepper | | 1 tsp | | | |
| Onions, cut into halves | | 3 each | | | |
| Pork loin roast | | 6.6 lbs with bone OR 5.4 lbs boneless | | | |
| Barbecue sauce | | 1 1/2 cups | | | |
| Low sodium broth | | 1 1/2 cups | | | |
| Water | | 1/4 cup | | | |
| Mini whole grain rolls (1 oz each) | | 25 | | | |

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Notes:

Nutrient Information from Food Processor

Marketing Guide for Selected Items

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| | | |

Serving: 1 sandwich provides 2 oz meat and 1 grain.

1-2 years: 1/2 sandwich
 3-5 years: 1 sandwich
 6-18 years: 1 sandwich

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|-----------|----------------------|-----------|
| Calories | 236 | Saturated Fat | 2.18 g | Iron | 1.58 mg |
| Protein | 19.71 g | Cholesterol | 48.19 g | Calcium | 52.28 mg |
| Carbohydrate | 23.89 g | Vitamin A | 16.09 RAE | Sodium | 383.66 mg |
| Total Fat | 6.96 g | Vitamin C | 0.39 mg | Dietary Fiber | 2.50 g |