

MEAL #1

ELECTRIC PRESSURE COOKER

Balsamic and Brown Sugar Pulled Pork

YIELD: 4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 40 MINUTES + PRESSURE BUILD/RELEASE TIME

Prep Work: Mince the onion.

PREPARE TO FREEZE

Ingredients:

- 2 pounds pork roast
- Salt and pepper
- ¼ cup brown sugar
- 2 Tablespoons minced onion
- 1 teaspoon garlic powder
- ¼ cup balsamic vinegar

Instructions:

1. In a gallon-size plastic freezer bag in a round bowl/dish, add the following ingredients:
 - Pork roast
 - Salt and pepper
 - ¼ cup brown sugar
 - 2 Tablespoons minced onion
 - 1 teaspoon garlic powder
 - ¼ cup balsamic vinegar
2. Remove as much air as possible and seal shut.
3. Add label to bag and freeze for up to 6 months.

COOK FROM FROZEN

Additional Ingredients:

- 1 cup hot water

Instructions:

1. Thaw in the fridge overnight or put frozen round meal directly in electric pressure cooker.
2. Add 1 cup hot water.
3. Put on lid and set steam valve to sealing. Cook on Manual/High Pressure for 40 minutes.
4. Once done, let it do a Natural Release.
5. Once the cooking is complete, shred the pork with two forks and mix into the sauce. Strain before serving.

COOK FROM FRESH

Ingredients:

All ingredients from **Prepare to Freeze** and **Cook from Frozen** sections above.

Instructions:

1. In a small bowl, whisk together the brown sugar, minced onion, garlic powder, and balsamic vinegar.
2. Place the pork roast into the electric pressure cooker inner pot with the hot water. Season with salt and pepper. Pour the sauce on and around the pork.
3. Continue with step 3 in **Cook from Frozen** instructions.

SERVING SUGGESTIONS

Sides: Fruit and/or potato chips; hamburger buns to serve as a sandwich