

## Herb Rub Oven-Braised Pulled Pork

Prep time: 10 minutes

Cook time: 2 3/4 to 3 1/4 hours

1 3-pound boneless pork shoulder or sirloin roast  
2 teaspoons dried sage leaves  
2 teaspoons dried thyme leaves  
1 1/2 teaspoons salt  
1 teaspoon dried rosemary leaves  
1 tablespoon canola oil or other neutral-flavored oil  
1 cup chicken broth

Preheat an oven to 300 degrees F.

In a small bowl, combine the sage, thyme, salt, and rosemary. Rub the mixture over all sides of the meat, pressing it to adhere (if the meat is tied together with twine or netting, just rub the seasoning right over it). In a large Dutch oven or large ovenproof skillet with a tight-fitting lid over medium-high heat, warm the oil. Add the pork and brown on all sides, 6 to 8 minutes. Transfer the meat to a plate and set aside.

Add the broth to the pan, scraping up any browned bits. Bring the broth to a boil, and then return the pork to the pan. Cover and bake until the pork is very tender, 2 1/4 to 2 3/4 hours.

Transfer the meat to a cutting board and let rest 10 to 15 minutes. Use two forks to shred meat into bite-sized pieces. Moisten/season with cooking juices to taste.

Makes 8 to 10 servings

### Serving Suggestions

If you like, you can make this a stovetop braise, slowly simmering it on the stovetop instead of in the oven. And feel free to experiment with the amounts and types of herbs, or use your favorite herb blend. Enjoy the pork in pulled pork risotto, added to a grilled cheese sandwich, or piled on top of a big green salad.

### Nutrition per serving

Calories: 320

Cholesterol: 95mg

Protein: 30g

Fat: 21g

Sodium: 570mg

Fiber: 0g

Saturated Fat: 7g

Carbohydrate: 0g