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Crockpot BBQ Pulled Pork



- 3-4 lb boneless pork shoulder or butt roast
- 1 tsp salt
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp black pepper
- 1/2 tsp ground red pepper
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, cut into thin strips
- 18 oz. bottle barbecue sauce
- 1/2 cup light brown sugar

1. Trim excess fat from pork. Combine salt, cumin, paprika, black pepper, and red pepper in small bowl; rub over roast.
2. Place onion and bell pepper in slow cooker, then add the pork roast. Combine the barbecue sauce and brown sugar and pour over meat. Cover, cook on low for 8-10 hours.
3. Transfer roast to cutting board. Trim and discard any fat. Use two forks to shred the pork. Serve pork over rice or place it on buns to make pulled pork sandwiches.

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Vanilla Orange Fruit Salad



- 3.5 ounce box instant vanilla pudding mix
- 3/4 cup milk
- 1/3 cup frozen orange juice concentrate (thawed)
- 1 cup vanilla Greek yogurt
- 20 ounce can pineapple tidbits, drained
- 11 ounce can mandarin oranges, drained
- 1 cup strawberries, sliced
- 2 bananas, sliced

1. In a large bowl, combine the pudding mix with the milk and orange juice concentrate. Mix with an electric mixer for 1-2 minutes.
2. Stir in the yogurt and then add the pineapple, mandarin oranges, and strawberries.
3. If serving immediately, add the bananas, but if you will be serving the salad later, store in the refrigerator and add the bananas just before serving.

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