

HOMETOWN SPIRIT

Serves: 8 • Serving size: ½ cup pulled pork

40
minutes

PREP: 10 minutes
COOK: 30 minutes

TROPICAL Pulled Pork

2–2½ lbs./90–1.1 kg pork tenderloin
1 cup fresh pineapple chunks
1 cup diced mango, fresh or frozen
1½ cup barbecue sauce
1 cup pineapple juice
1 tsp. salt
½ tsp. pepper

1. Cut pork into large chunks about 3–4"/7.6–10.16 cm pieces, and place in base of Microwave Pressure Cooker.
2. Place pineapple in base of Power Chef® System fitted with blade attachment, cover, and pull cord to finely chop. Add to base of Microwave Pressure Cooker.
3. Stir in remaining ingredients, cover and lock Pressure Cooker. Microwave on high power 30 minutes.
4. Let pressure release naturally, for approximately 15 minutes. Shred and serve on desired buns.

Nutritional Information (per serving):

Calories: 280 Total Fat: 2.5g Saturated Fat: 1g Cholesterol: 75mg Sodium: 730mg
Carbohydrates: 38g Fiber: less than 1g Sugar: 35g Protein: 24g Vitamin D: 2% Calcium
2% Iron: 10% Potassium: 10%

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Tupperware®



TO DEMO



Microwave Pressure
Cooker



Power Chef® System

OPTIONAL



Silicone
Spatula



Measuring
Spoons



Measuring
Cups



Universal Series
Chef Knife