

Barbecue Sauce for Pulled Pork or Chicken

1 pork loin or whole chicken
1 cup water
1 ½ teaspoons onion powder
1 ½ teaspoons ground black pepper
1 ½ teaspoons dry mustard powder
½ cup tablespoons apple cider vinegar
2 cups ketchup
¼ cup light brown sugar
¼ cup granulated sugar
2 tablespoons Worcestershire sauce
2 tablespoons fresh lemon juice
2 tablespoons light corn syrup

Combine all of the ingredients in a large pot. Bring to a boil over high heat stirring frequently to prevent sticking. Reduce temperature to a very low simmer, uncovered, for about 1 ½ hours, stirring occasionally. Remove from the heat, cool, and use as needed. This sauce can be stored in a tightly sealed container in the refrigerator for up to 2 months.

Place the pork loin or whole chicken in a crock pot and cook until pork or chicken is able to be pulled. Shred the meat with a fork or by hand. Toss the meat with enough of the barbecue sauce so it is covered.