

Dry-rubbed Barbecue Pork Loin



Servings: 12
Prep time: 30 minutes
Cook time: 5 hours
Total: 5 hours 30 minutes

Ingredients

- 1 teaspoon chili powder
- 1 teaspoon light brown sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon lemon pepper seasoning
- 1/4 teaspoon dry mustard
- 1/4 teaspoon crushed dried thyme
- 1/8 teaspoon ground ginger
- 1 3-pound boneless pork loin roast, trimmed of all fat
- 1/2 cup water
- 1/2 teaspoon liquid smoke
- 1 cup ketchup
- 1 small yellow onion, minced
- 2 lge cloves garlic, minced
- 2 tbsps light brown sugar
- 2 tbsps cider vinegar
- 2 tbsp Worcestershire sauce
- 1/2 tbsp dry mustard
- 1 tsp chili powder
- 1 tsp prepared horseradish
- 1/4 tsp freshly ground black pepper
- 1/4 tsp crushed dried thyme
- 1/8 tsp crushed dried Rosemary
- 12 poppy seed Kaiser rolls, split & toasted
- salt & pepper to taste

Directions

1. In a small bowl, combine the dry rub ingredients. Rub into both sides of the pork roast.
2. Place a wire rack in the bottom of a 3 1/2-quart or larger crockery slow-cooker. Combine water and liquid smoke. Pour into slow-cooker. Place the pork roast on the wire rack. If necessary, cut pork into 2 pieces to fit. Cover and cook on LOW for 8 to 10 hours, or on HIGH for 4 to 5 hours.
3. About 1 hour before serving, combine barbecue sauce ingredients in a medium saucepan. Place over medium-high heat. Bring to a simmer and cook, stirring occasionally, for 30 minutes.
4. Lift pork roast from slow-cooker and let stand for 20 minutes. Using tongs, remove metal rack and discard any pan drippings.
5. Shred and chop the pork roast. Return pork to slow-cooker and cover with sauce. Stir well to combine. If cooking on HIGH, change setting to LOW. Cover and cook for another 30 minutes.
6. To serve, spoon about 4 ounces of the shredded pork and sauce onto the bottom of each roll. Top with second half of roll and serve at once.

Nutrition Information

Per serving: 373 calories (31% calories from fat), 31 g protein, 10 g total fat (2.6 g saturated fat, 40 g carbohydrates, 2 g dietary fiber, 67 mg cholesterol, 666 mg potassium, 654 mg sodium*

Diabetic exchanges: 3 lean protein, 2 1/2 carbohydrate (bread/starch)

Source URL: <http://www.diabeticlifestyle.com/recipes/entrees/dry-rubbed-barbecue-pork-loin>