

BBQ Pulled Pork

Ingredients:

1 can (12 oz) Diet Coke

1 large Pork Tenderloin

1 Onion chopped

1 cup Ketchup

1 teaspoon Garlic powder

1 package Rolls

Preparation: Put all the ingredients in a crock pot. Cook on high for 4-5 hours. Pull the pork apart and place it on a bun or roll. Enjoy!

6 servings: 4 points, 4 points plus (not including roll)

