



# Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



## Shredded Pork Butt (slow cooked)

Nonna Snowden recommends you visit her at [www.nonnasnowdencooks.com](http://www.nonnasnowdencooks.com) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. In the TAMALE video, Maw Maw Gwen teaches Nonna and The Dessert Lady (Cindy) how to make homemade tamales which includes the masa, shredded pork, shredded chicken, refried beans, red sauce, green sauce, guacamole, assembling the tamales, and finally, cooking the tamales. To make it easier on yourself, you can limit what kind of tamales you make (such as making only bean tamales). The recipes are separated out into their own pages. We hope you enjoy these recipes!

### Ingredients:

10 lb Pork Butt  
1 cup minced garlic  
1 very large onion quartered  
1 1/2 tsp cumin  
1 cup water  
2 tbsp Jacobsen Ghost Chili Salt  
Olive Oil  
2ish cups Red Sauce (**See Note 1**)

### Preparation:

1. Place the pork butt, garlic, onion, cumin, ghost chili salt and water in the slow cooker.
2. Cook on low overnight (10ish hours). (**See Note 2**)
3. Let meat cook and then shred with a fork. Meat should just fall apart.
4. Coat frying pan or pot with olive oil and heat.
5. With a low burner (simmer), add shredded pork to the pan or pot.
6. Add red sauce (you can add more or less as you prefer). Mix sauce thoroughly with pork.
7. Simmer 5-10ish minutes. Basically heat the meat and sauce together while letting any excess water evaporate.

**Note 1:** See Nonna's Red Sauce Recipe.

**Note 2:** You can actually eat the meat at this point. However, if you are making the pork for tamales continue to follow steps 3-7.

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).

