**Southern Comfort-Food meal – nightshade free!**

**Slow roasted pulled pork shoulder:**

Mix olive oil, S&P, oregano, liquid aminos, and way too many minced cloves of garlic. Stab 8 lb pork shoulder like it's a tyrant trying to cling to power - multiple times, all over. Rub with marinade, poking into the holes with your fingertips. If time allows, let marinate for a few hours (If you've forgotten to leave time for this step, don't worry about it too much). Cover tightly with tin foil. Cook at 325 degrees for 5-6 hours. Remove the tin foil and increase heat to 375. Cook for another hour. Let rest for 10 min, and enjoy! The meat should pull apart easily with tongs.

**Southern Vinegar BBQ sauce:**

Melt 1 stick of butter in a small sauce pan. Over low heat,

Add 2 tbs lemon juice,

5 tsp Worcestershire sauce

1 tbl honey

2 tsp salt

1 tsp pepper

When well blended, add ½ cup Bragg’s apple cider vinegar a little bit at a time.

Serve at the table, or pour over pulled pork before serving.

**Cheesy cauli & corn:**

Cut leaves and stem off a head of cauliflower. Steam (in IP, 2 min, 4 min on stovetop).

Cut into florets.

Add to casserole dish with a bag of frozen corn, a big scoop of mayo, half a cup of shredded parm, some mozz, some jack (basically whatever cheese you have lurking in the fridge), S&P. Mix well. Bake until cheese bubbles / browns a bit.

**Three -Alternate NS-free BBQ sauce variations I have not yet tried:**

Gibson’s White BBQ sauce

½ cup mayo

¼ cup water

2 tbs apple cider vinegar

½ tsp lemon juice

½ tsp prepped horseradish

½ tsp salt

½ tsp pepper

1 tbl sugar

Mix well and serve.

Rachel’s Vinegar BBQ

4 bone in, skin on chicken breasts

2 cups water

1 cup apple cider vinegar

3 tbl Worcestershire sauce

1 tbl salt

1 tsp pepper

Mix well, marinate chicken for 4-6 hours before cooking.

Wicker’s BBQ

1 ¼ cup apple cider vinegar

1 tsp pepper

2 ½ tsp salt

1 ½ tsp sugar

1 tsp dry mustard

½ tsp cumin

Heat and mix, cool, use as a marinade.