



Homemade Pulled Pork Ragu in an Instant Pot

Jacob · 30/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 27 mins

Description

Tender pulled pork ragu sauce made easy with an Instant Potreg with a rich flavor and succulent texture perfect for your favorite pasta

Ingredients

- - 1 ½ pounds pork tenderloin - 2 teaspoons salt - ½ teaspoon ground black pepper - 3 cloves garlic
- crushed - 1 tablespoon olive oil - 1 (28 ounce) can canned crushed tomatoes - 1 (7 ounce) jar roasted red peppers
- drained and chopped - 1 tablespoon chopped fresh parsley - 2 sprigs fresh thyme - 2 bay leaves

Instructions

1. Season pork with salt and pepper. Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add garlic and olive oil; cook for 3 minutes. Add pork and cook until browned
2. about 2 minutes on each side. Add tomatoes
3. peppers
4. parsley
5. thyme leaves
6. and bay leaves; close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 45 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure using the natural-release method according to manufacturer's instructions
7. 10 to 40 minutes. Discard bay leaves
8. and shred pork with 2 forks.