

Neck Bones

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

4 ½ HOURS | SERVES 6

INGREDIENTS

- 1 tablespoon safflower oil (or another high-heat cooking oil)
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 pounds pork neck bones, cut into several pieces
- 2 medium onions, chopped
- 5 cloves garlic, smashed
- 1 teaspoon dried thyme
- 1 tablespoon apple cider vinegar (or white vinegar)
- 4 cups water

NUTRITION FACTS

223 calories, 11g fat, 3g saturated fat, 267mg sodium, 7g carbohydrate, 1g fiber, 4g sugar, 26g protein

DIRECTIONS

1. In large skillet, heat oil over medium-high heat. Season neck bones with salt and pepper and brown on both sides (3–4 minutes per side).
2. Place onions and garlic in bottom of slow cooker. Place browned neck bones on top of onions. Sprinkle in thyme and add vinegar and water.
3. Cook on high heat about 4 hours, until meat is tender and falls off bones. Serve with onions.