



Long Livo

Apple Cider Pulled Lamb – Easy Crockpot Recipe

15 min

Prep time

4

Servings

6 h

Cook time

Easy

Difficulty

6 h 15 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 lbs lamb shoulder, trimmed
- ☐ 2 cups apple cider
- ☐ 1 large onion, sliced
- ☐ 2 tbsp apple cider vinegar
- ☐ 2 tbsp brown sugar

- ☐ 1 tsp salt
- ☐ 1/2 tsp black pepper
- ☐ 2 sprigs fresh thyme

For the Sauce

- ☐ 1/4 cup ketchup
- ☐ 1 tbsp Dijon mustard
- ☐ 1/2 tsp smoked paprika

Instructions

- 1 Pat the lamb dry, season with salt and pepper, and optionally sear on medium-high heat for 2-3 minutes per side.
- 2 Place the onion slices at the bottom of the crockpot, then add the lamb on top.
- 3 In a bowl, whisk together apple cider, vinegar, brown sugar, ketchup, mustard, and smoked paprika; pour over the meat.
- 4 Cover and cook on low for 6-8 hours, or until the lamb is fork-tender and easily shreds.
- 5 Remove the lamb, shred with two forks, stir in fresh thyme, and return to the sauce. Serve warm.

Nutrition per serving

420 kcal

Calories

28 g

Protein

30 g

Carbs

22 g

Fat

Tips & notes

- If the sauce is too thin, uncover for the last 30 minutes to reduce.
- Taste and adjust sweetness or acidity before serving.
- Leftovers taste even better the next day as flavors meld.