

Slow cooked until tender then crisped in the oven, these pork carnitas are practically effortless to make and perfect for meal prep.

INGREDIENTS:

- 2 1/2 pounds boneless pork shoulder blade roast, trimmed
- 2 teaspoons kosher salt
- black pepper, to taste
- 6 cloves garlic, cut into thin slivers
- 1 1/2 teaspoons cumin
- 1/2 teaspoon Sazon, homemade or packaged
- 1/4 teaspoon dry adobo seasoning, I used Goya
- 1/4 teaspoon dry oregano
- 3/4 cup reduced sodium chicken broth
- 2-3 chipotle peppers in adobo sauce, to taste
- 2 bay leaves



INSTRUCTIONS:

1. Season the pork on both sides with salt and black pepper.
2. Using a sharp knife, insert blade into pork, cutting small holes and insert garlic slivers all the way in so you no longer see them.
3. In a large skillet on high heat, brown pork on all sides for about 5 to 7 minutes.
4. Place pork in slow cooker, and season generously with cumin, adobo, Sazon, oregano on all sides.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source www.skinnytaste.com/mexican-slow-cooked-pork-carnitas

5. Pour chicken broth in the slow cooker, add the bay leaves and chipotle peppers to the broth.
6. Cover and cook low for 8 hours.
7. After 8 hours, shred pork using two forks and combine well with the juices that accumulated at the bottom.
8. Remove bay leaves and adjust salt and cumin to taste, as needed.
9. Let it cook low for another 15-30 minutes to let the flavors meld.

NUTRITION

Serving: 1 /2
cup, Calories: 160 kcal, Carbohydrates: 1 g, Protein: 20 g, Fat
: 7 g, Saturated
Fat: 3 g, Cholesterol: 69 mg, Sodium: 397 mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.