

# Hawaiian BBQ Pork Tacos

Total Cook Time: 2 hours

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Tortillas
- Optional: 2 TBSP (4 TBSP)\* cornstarch
- Optional toppings and garnishes: coleslaw, pineapple, mandarin oranges, cashews, red bell pepper, hot sauce

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)\* of hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 80 minutes (90 minutes)\* - aka 1 hour 20 minutes.
3. When cooking is complete, use a natural release.
4. Scoop meat out with a slotted spoon and shred. Cover and set aside.
5. If a smooth sauce is desired, blend it with an immersion blender or tabletop blender. CAREFUL, LIQUID WILL BE HOT.
6. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)\* water and 2 TBSP (4 TBSP)\* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
7. To serve, add meat, a drizzle of the BBQ sauce in the pot, and desired toppings on top of a tortilla.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours, until the meat easily shreds. Continue with steps 4-7

## Leftover Suggestions:

- Taco Salad
- Pulled Pork Sandwiches
- BBQ Pizza
- Rice Bowl

## Notes:

- I like to keep the meat and sauce separate after cooking. If you prefer the meat tossed in the sauce, place the meat in a separate bowl and add only the amount of sauce you like—the full pot can be a bit too much.

## Nutrition Facts

4 servings per container  
Serving size  
1 cup (281g)

Calories per serving **330**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 28g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>	Dietary Fiber 0g	<b>0%</b>
Trans Fat 0g		Total Sugars 23g	
<b>Cholesterol</b> 105mg	<b>35%</b>	Includes 22g Added Sugars	<b>44%</b>
<b>Sodium</b> 1730mg	<b>75%</b>	<b>Protein</b> 41g	
Vitamin D 0.7mcg 4% • Calcium 30mg 2% • Iron 1.2mg 6% • Potassium 650mg 15%			
Vitamin A 90mcg 10% • Vitamin C 4mg 4%			

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: PORK, KETCHUP (TOMATO CONCENTRATE, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, CORN SYRUP, SALT, LESS THAN 2% OF: SPICES, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR), APPLE CIDER VINEGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), ONION, BROWN SUGAR, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), GARLIC, SPICE, GARLIC, SALT, ONION

CONTAINS: ANCHOVIES, WHEAT, SOY