

Kalua Pork

Total Cook Time: 2 hours 30 minutes
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

Ingredients needed to prepare meal:

- 1 cup (1 cup)* chicken broth
- Hoagie buns
- Optional toppings and garnishes: BBQ sauce, garlic aioli sauce or mayo, fresh cabbage or coleslaw, pickles, grilled pineapple, roasted bell peppers

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 cup (1 cup)* of chicken broth.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 1 hour 20 minutes (1 hour 30 minutes)*.
3. When cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Return meat to juices.
5. To serve, place meat on top of toasted buns and pile high with desired toppings.

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 4-5.

Leftover Suggestions:

- Pork grilled cheese, Taco salad, Pulled pork nachos, Pork grilled cheese
- Taco salad
- Pulled pork nachos
- Pulled pork pizza
- Pulled pork pizza

Notes:

- This meat is incredibly versatile! Cook a big pot and enjoy it in different meals all week long.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (173g)

Calories per serving **210**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.5g	6%	Total Carbohydrate 0g	0%
Saturated Fat 1.5g	8%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 105mg	35%	Includes 0g Added Sugars	0%
Sodium 980mg	43%	Protein 39g	

Vitamin D 0.7mcg 4% • Calcium 20mg 2% • Iron 1mg 6% • Potassium 610mg 15%
Vitamin A 50mcg 6% • Vitamin C 0mg 0%

INGREDIENTS: PORK, SALT, LIQUID SMOKE (WATER, NATURAL HICKORY SMOKE FLAVOR, VINEGAR, MOLASSES, CARAMEL COLOR, SALT), PAPRIKA

* 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.

