

Pork Carnitas

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
- 1 cup (1 cup)* chicken broth
- Optional toppings and garnishes: Pico de gallo, guacamole, shredded cheese, olives, lettuce, beans, ranch dressing or sour cream, cilantro, lime wedges

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 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. Return meat back to the juice.
5. To serve, add meat 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 4-5.

Leftover Suggestions:

- Enchiladas, Pork sandwiches, Taco salad, Served on top of mashed potatoes

Notes:

- Instead of returning the meat to the juices, place it in an oven-safe pan and broil for a few minutes until the edges are slightly crispy.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*		
4 servings per container Serving size 3/4 cup (208g) Calories per serving	240	Total Fat	4.5g	6%	Total Carbohydrate	7g	3%
		Saturated Fat	1.5g	8%	Dietary Fiber	<1g	3%
		Trans Fat	0g		Total Sugars	4g	
		Cholesterol	105mg	35%	Includes	3g Added Sugars	6%
		Sodium	690mg	30%	Protein	39g	
		Vitamin D 0.7mcg 4% • Calcium 40mg 2% • Iron 1.6mg 8% • Potassium 710mg 15%					

* 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, ONION, ORANGE JUICE CONCENTRATE (CONCENTRATED ORANGE JUICE), LIME JUICE, GARLIC, SALT, SPICE

