

# 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

4 servings per container

**Serving size**  
**3/4 cup (208g)**

**Calories per serving** **240**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 7g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>	Dietary Fiber <1g	<b>3%</b>
Trans Fat 0g		Total Sugars 4g	
<b>Cholesterol</b> 105mg	<b>35%</b>	Includes 3g Added Sugars	<b>6%</b>
<b>Sodium</b> 690mg	<b>30%</b>	<b>Protein</b> 39g	
Vitamin D 0.7mcg 4% • Calcium 40mg 2% • Iron 1.6mg 8% • Potassium 710mg 15%			

INGREDIENTS: PORK, ONION, ORANGE JUICE CONCENTRATE (CONCENTRATED ORANGE JUICE), LIME JUICE, GARLIC, SALT, SPICE

