

Sweet 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

Prepare with (aka ingredients needed to prepare meal):

- 1 cup (1 cup)* chicken broth
- Tortillas
- Optional toppings and garnishes: lettuce, black beans, pico de gallo, shredded cheese, guacamole, cooked rice, tortilla strips

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 and stir well to coat.
5. Serve as a sweet pork salad, taco, enchilada, etc. with all your favorite 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:

- Sweet Pork grilled cheese
- Taco salad
- Sweet pork nachos
- Sweet pork pizza

Notes:

- If you prefer a thicker sauce, switch the pressure cooker to “sauté” after the meal is cooked and gently boil until it reaches your desired consistency.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 12g	15%	Total Carbohydrate 21g	8%
4 servings per container	Saturated Fat 4g	20%	Dietary Fiber <1g	3%
Serving size 3/4 cup (238g)	Trans Fat 0g		Total Sugars 19g	
Calories per serving	Cholesterol 95mg	32%	Includes 18g Added Sugars	36%
350	Sodium 630mg	27%	Protein 38g	
	Vitamin D 1.1mcg 6% • Calcium 40mg 2% • Iron 2.2mg 10% • Potassium 850mg 20% Vitamin A 210mcg 25% • Vitamin C 2mg 2%			

* 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, RED ENCHILADA SAUCE (WATER, ORGANIC TOMATO PASTE, ORGANIC SPICES, SALT, ORGANIC CANE SUGAR, ORGANIC CORN STARCH, ORGANIC BAKER'S YEAST, CITRIC ACID, ORGANIC FLAVOR), BROWN SUGAR, TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), APPLE CIDER VINEGAR, SPICE, SALT, GARLIC, ONION, PAPRIKA