

Crock Pot Pork Carnitas

Enjoy Before the Pre-Surgery Liquid Diet or
Phase 4: Pork (4 months post-surgery)

Ingredients

Instructions

1 TBSP Chili powder 1 TSP smoked paprika (optional) 2 TSP ground cumin 2 TSP dried oregano 1-2 teaspoons salt, to taste 2 TSP. ground black pepper	Mix together in a small bowl
4 lbs. pork shoulder, trimmed of all visible fat	Rub spice mixture all over the pork. Put seasoned pork in slow cooker.
Juice of 1 orange and 1 lime 2 medium onions, peeled and quarter 4 garlic cloves, peeled and chopped	Pour juice over pork. Place onions and garlic over the pork. Cook on low for 8-10 hours or on high for 4-5 hours Once cooked, take pork out and shred or finely chop. Return pork to slow cooker with cooking juices. Cover and keep warm for 30 minutes.
	Put oven rack on 2nd rack. Turn oven on to broil. Cover a large cooking sheet with foil. Cooking sheet needs to have sides to catch the juices. Take pork out and place on cooking sheet. Distribute evenly. Broil 4-5 minutes until pork is a little crispy. Serve immediately.
Serving Tips: <ul style="list-style-type: none"> • Serve as part of a taco or taco salad bar for your guests. • Fixings can include chopped onions, guacamole, shredded lettuce, chopped fresh tomatoes, salsa, black beans, low fat shredded cheese, chopped fresh cilantro and chopped tomatillos are some ideas for your game day spread. • Offer your guests soft or crunchy tortillas. Serve your carnitas in a small bowl. • Use the juice from cooking to provide moisture, if needed. • Each ½ cup serving provide 20 grams protein. 	