

Slow Cooker Pork Carnitas

This versatile meat can be used as a taco filling, sandwich filling or layered over rice with sour cream, salsa, cheddar cheese, and beans.

Tip

To use up leftovers, mix remaining meat with your choice of beans, rice, and cheese (or all three!) and use as a burrito filling. After rolling up each burrito, wrap individually in foil and freeze. To use, simply pull out of the freezer and warm in a preheated oven at 350 degrees for 20-30 minutes.

1 whole pork tenderloin (or pork roast)
1 small onion, quartered
½ to 1 cup pineapple juice
1 tsp cumin
1 tsp oregano
1 orange, quartered
2 T lime juice
2 Bay leaves
1 tsp salt
½ tsp pepper
2 cups water

Place everything in a slow cooker (or a freezer bag if freezing) and cook on low about 8 hours. Remove from the slow cooker and shred with forks. Optional: Place meat with juices in a 9 x 13 pan and place under the broiler on high for several minutes until it just begins to crisp on top.