

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Slow Cooker Carnitas

From www.wearychef.com

3-4 pound pork shoulder roast
16 ounce jar of Verde (green) salsa
4 cloves garlic, minced
½ onion, sliced
1 Tbsp chili powder
2 tsp dried oregano
2 tsp cumin
2 tsp salt
½ tsp cayenne pepper, or to taste
1 cup water (or beef broth for more flavor)
½ cup milk of your choice (do not add to crockpot)
Toppings of your choice (see below for ideas)

1. Cut roast into $\frac{3}{4}$ large pieces. Pierce meat all over with a knife.
2. Stir together salsa, garlic, onion, chili powder, oregano, cumin, salt, cayenne, and water in the crockpot. Add pork pieces and spoon liquid over the meat to coat all sides.
3. Cover crockpot and cook on high 6-8 hours or low 8-10 hours, until meat shreds easily.
4. When meat is done, preheat the oven to 275°. Take pork out of the slow cooker and shred on a large-rimmed baking sheet lined with foil or a baking mat to make cleanup easier. Discard any large pieces of fat (Leave most of the onion behind, but it's okay if some is incorporated with the meat).
5. Pour ½ cup of cooking liquid and ½ cup of milk over shredded pork. Bake in preheated oven for 45 minutes until brown and crispy. Remove meat for serving with tongs to leave excess fat behind.
6. Serve with tortillas (if desired), finely shredded cabbage, guacamole or avocado, sour cream, salsa, diced tomatoes, shredded cheese, etc.