

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sweet Pulled Pork Tacos with Avocado Cream Sauce

From www.tastykitchen.com

This dish had great flavor! You can leave out the sugar in the pulled pork if you want, and/or the black beans if you do not want the carbohydrates. When making the avocado cream sauce, you can leave out the sour cream if you want to make it dairy-free, and you would still have a tasty guacamole.

For the Pulled Pork:

2 cups of your favorite salsa
4 ounce can of chopped green chilies
¼ cup sucanat or palm sugar
15 ounce can of black beans, rinsed and drained
3 pounds pork shoulder roast (or loin roast which is a little more pricey)
Salt

For the Avocado Cream Sauce:

4 whole green onions, sliced
2 whole avocados
4 Tbsp lime juice
2 Tbsp sour cream
¼ cup chopped cilantro
4 cloves minced garlic
1 tsp salt

1. For the pulled pork, in the bottom of a large crock pot, mix salsa, green chilies, brown sugar and black beans. Add the pork roast (rubbed with salt) and cook on low for 6-8 hours or high for 4-6 hours. Take the meat out of the crockpot and shred with 2 forks. Return to the pot and mix with the sauce and beans. Leave the lid off as you continue making supper to cook away some of the juices.
2. To make the avocado cream sauce, scoop out the avocado flesh and mash. Stir in green onions, lime juice, sour cream, cilantro, garlic and salt.
3. To serve: scoop pork into a hard taco shell, into a tortilla, or just pile it onto your plate. Top with avocado cream sauce and any other toppings you like.