

Pork Carnitas



5 servings

Ingredients	Instructions
<p>1 cup chicken broth 1 Tbsp Vegetable Oil ½ tsp ground Cumin ½ tsp Chili Powder ¼ tsp salt ½ tsp Black Pepper, ground 1 Tbsp Chopped Fresh Cilantro Leaves ½ Orange – juiced or ¼ cup ½ Lime – juice ½ Tbsp diced – ¼” – Jalapeno Peppers 1.5 oz Sliced Green Bell Peppers 3 oz sliced – ¼” – Yellow Onions 1 lb Pork Butt, Boneless 1 Cup Water</p>	<p>Combine oil, garlic, cumin, chili powder, salt, pepper, and cilantro. Mix until well-blended. Add orange, lime, jalapeno, and bell peppers, and onion. Mix well. Use gloves to handle hot peppers. Pepper juice can burn eyes.</p> <p>Pour vegetables mixture over pork. Turn meat to evenly coat. Spread remaining vegetables in a pan. Place pork steaks on a rack over vegetables. Roast in a 500 F oven for 15 minutes. Remove from oven. Reduce oven temperature to 325 F. Combine broth and water, pour the broth mixture in the pan and cover meat and vegetables with plastic wrap and foil. Place in oven and braise for 1 ½ hours.</p> <p>Minimum internal temperature of meat should be at least 155F. Remove from oven. Place pork steaks on a sheet pan and shred while warm. Pour liquid in saucepan and simmer until reduced to 1.5 cups. Combine pork and reduced broth. Mix well and serve.</p>

Nutrition Information: 4 oz serving; 160 calories, 8g or total fat, 2g sat fat, 0g trans-fat, 60mg cholesterol, 240g sodium, 2g carbs, 0g fiber, 1g sugar, 21g protein.

