



Crockpot Shredded Pork

Servings 10-12 | Prep time 10 mins. | Total time 8 hours, 10 mins.

Equipment:

Cutting board
Small bowl
Slow cooker

Utensils:

Knife
Measuring cups and spoons

Ingredients

4-7 pound pork loin roast, excess fat trimmed away
1 bulb of garlic, minced
2 tablespoons ground cumin
1 tablespoon dried oregano
1 1/2 teaspoon salt
1 teaspoon black pepper
2 large onions, sliced
2 large carrots, peeled and cut into fourths
2 oranges, halved
2 tablespoons lime juice (about 1 lime), halved
2 apples, cored and cut into 8 pieces

Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.
2. In a small bowl, combine garlic, cumin, oregano, salt, and black pepper. Rub mixture over entire roast.
3. Place half of the onion slices and all of the carrot pieces in the bottom of the slow cooker.
4. Add roast to the slow cooker. Wash hands with soap and water after handling the raw roast.
5. Top with remaining sliced onion.
6. Squeeze oranges and lime onto the pork. Leave orange and lime halves in the slow cooker.
7. Cook on low for 7 hours and 40 minutes. Add sliced apples and continue cooking for an additional 20 minutes.
8. Remove the pork and once cool enough to handle, shred.
9. Serve with vegetables and apples from the slow cooker.

Nutritional Information:

Calories 370 Total Fat 14g Sodium 440mg Total Carbs 18g Protein 41g