



## Pork Carnitas

Servings: 8

Cost Per Serving: \$0.90

### Ingredients

- 1 (3 lb.) boneless pork shoulder, cut into 2 in. chunks, fat trimmed
- 2 tsp salt
- 1 tsp chili powder
- ½ tsp each, cumin and oregano
- 1 large onion, quartered
- 3 cloves garlic

### Instructions

1. Sprinkle pork with spices
2. Place in slow cooker with onion and garlic
3. Cover and cook on low until meat is tender and falling apart, about 6 hours
4. Shred pork and serve hot



*Flip over for Nutrition Information!*



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## Nutritional Information

**Calories per Serving: 330**

**Fat: 20 g**

**Protein: 32 g**

**Carbohydrates: 3 g**

**Fiber: 0 g**



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