

**Prep:** 15 minutes

**Cook:** 3-4 hours or 7-8

## Crock-Pot Carnitas Tacos

Serving Size: 2 tacos (1/6th of recipe), Calories: 284, Fat: 7g, Sodium: 250mg  
Carbs: 29.5g, Fiber: 3g, Sugars: 5g, Protein: 25.5g



### Ingredients:

1/4 cup orange juice

2 tbsp. lime juice

1 tbsp. chopped garlic

1/2 tsp. chili powder

1/4 tsp. ground cumin

12 oz. raw lean boneless pork tenderloin,  
trimmed of excess fat

12 oz. raw boneless pork shoulder (the  
leanest piece you can find), trimmed of  
excess fat

1/4 tsp. each salt and black pepper

2 cups roughly chopped onion

Twelve 6-inch corn tortillas

1/2 cup fresh salsa or pico de gallo

1/2 cup chopped cilantro



### Directions:

- ♥ In a small bowl, combine orange juice, lime juice, garlic, chili powder, and cumin. Add 2 tbsp. water, and mix well.
- ♥ Season pork with salt and pepper, and add it to a crock pot. Top with onion and the juice mixture.
- ♥ Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until pork is cooked through.
- ♥ Transfer pork to a large bowl. Shred with two forks -- one to hold the meat in place and one to scrape across and shred it. Return shredded pork to the crock pot and mix well.
- ♥ Microwave tortillas on a microwave-safe plate for 15 seconds, or until warm.
- ♥ Distribute pork among the taco shells, about 1/3 cup each. Top with salsa/pico de gallo and cilantro (2 tsp. of each per taco). Enjoy!

**MAKES 6 SERVINGS**

**Prep:** 15 minutes

**Cook:** 3-4 hours or 7-8

## Crock-Pot Carnitas Tacos

Serving Size: 2 tacos (1/6th of recipe), Calories: 284, Fat: 7g, Sodium: 250mg  
Carbs: 29.5g, Fiber: 3g, Sugars: 5g, Protein: 25.5g



### Ingredients:

1/4 cup orange juice

2 tbsp. lime juice

1 tbsp. chopped garlic

1/2 tsp. chili powder

1/4 tsp. ground cumin

12 oz. raw lean boneless pork tenderloin,  
trimmed of excess fat

12 oz. raw boneless pork shoulder (the  
leanest piece you can find), trimmed of  
excess fat

1/4 tsp. each salt and black pepper

2 cups roughly chopped onion

Twelve 6-inch corn tortillas

1/2 cup fresh salsa or pico de gallo

1/2 cup chopped cilantro



### Directions:

- ♥ In a small bowl, combine orange juice, lime juice, garlic, chili powder, and cumin. Add 2 tbsp. water, and mix well.
- ♥ Season pork with salt and pepper, and add it to a crock pot. Top with onion and the juice mixture.
- ♥ Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until pork is cooked through.
- ♥ Transfer pork to a large bowl. Shred with two forks -- one to hold the meat in place and one to scrape across and shred it. Return shredded pork to the crock pot and mix well.
- ♥ Microwave tortillas on a microwave-safe plate for 15 seconds, or until warm.
- ♥ Distribute pork among the taco shells, about 1/3 cup each. Top with salsa/pico de gallo and cilantro (2 tsp. of each per taco). Enjoy!

**MAKES 6 SERVINGS**