

Carnitas

Yield: about 24 (1 cup) servings

Serve this pulled pork the traditional way accompanied by warm corn tortillas and taco fixings. This also makes a great sandwich filler or baked potato topper.

Ingredients	Measure		Nutrition per Serving	
	24 –1 cup			
Boneless pork loin roast, well trimmed and cut into large chunks	7 lb		Calories	180
Thinly sliced onion	14 oz (2 cups)		Total Fat g	7
Minced garlic	2 Tbsp		Saturated Fat g	2.5
Water	1 ¾ quarts		Cholesterol mg	65
Med-Diet® Low Sodium Bar-B-Q Sauce Mix	3 oz (½ cup)		Sodium mg	120
Med-Diet® Low Sodium Beef Soup Base	1 oz (2 Tbsp)		Carbohydrate g	5
Canned diced chiles, rinsed and drained	4 oz (½ cup)		Fiber g	0
			Sugar g	2
			Protein g	22

Preparation

1. In stockpot, combine pork roast, onion and garlic; cook, stirring occasionally, until pork starts to brown. Add water, bar-b-q sauce mix, beef soup base and chiles; whisk to blend.
2. Cover stockpot; bring to a boil. Reduce heat; uncover. Simmer 4 hours or until pork falls apart.
3. Shred pork; serve with juices.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Bar-B-Q Sauce Mix	6 – 20 oz	3 gal	K9192
Med-Diet® Low Sodium Beef Soup Base	6 – 16 oz	42 gal	K9196