

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Pork Carnitas

Date:

Additional Ingredients:

- None

freezermealprep.pro

Slow Cooker:

- Empty the frozen contents of the bag into a slow cooker.
- Cook on low for 8-10 hours or high for 6-7 hours (until the meat falls apart).

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker and add 1/4 cup liquid.
- Turn the pressure to high and cook for 60 minutes, natural pressure release.

Additional Instructions:

- Remove the Bay Leaf.
- Shred pork and return to liquid. Allow the meat to sit for a few minutes to soak up juices before toasting.
- Pull the pork from juices and place onto a baking sheet lined with parchment paper. Broil the on the top rack of the oven for about 5 minutes until browned and crispy.

Serving Suggestions:

- Perfect for filling up tacos, burritos, quesadillas, or salads along with your favorite toppings.
- Serve with a side of Mexican or cilantro lime rice, side salad, or chips and dip.