



Slow Cooker Green Chile Pork Tacos

4 lb. boneless pork loin
1 medium onion (1 cup), diced
1 (10 oz.) can diced tomatoes with green chiles
1 (16 oz.) jar of salsa verde

Juice from 3 limes or 6 Tablespoons lime juice
1 teaspoon garlic powder
1 teaspoon chili powder
1-1/2 teaspoon ground cumin

Directions

1. Wash hands. In a slow cooker, place onions, pork loin, seasonings, lime juice, tomatoes, and salsa verde in the slow cooker. Place lid on cooker and do not lift throughout cooking process.
2. Cook on LOW for 7-8 hours or 4-5 hours on HIGH.
3. Use a food thermometer to ensure pork reaches 160°F. Then remove and shred.
4. Add pork back into slow cooker and stir to combine. Serve with hard or soft taco shells.

YIELD: 7 servings of 2 small tacos each

Optional: Create a freezer meal: Split pork loin into two even sections and place each section in one of two freezer bags. In a large bowl, stir remaining ingredients together. Divide evenly between the two freezer bags. Freeze until ready to use. Thaw in refrigerator 24 hours before use.

Nutrition Facts (per two tacos serving, no tortilla): 190 calories, 6 grams fat, 370 milligrams sodium, 4 grams carbohydrate, 1 gram fiber, 2 grams protein

University of Illinois Extension, Jenna Smith, Nutrition & Wellness Educator. 2017.

