

Fine w/ Food

SLOW COOKER CARNITAS TACO BOWLS W/ MANGO SALSA

- for the slow cooker carnitas:
 - 3–4 lbs. pork shoulder
 - 1 white onion, quartered
 - 1 orange, halved
 - your favorite taco seasoning (I use Siete)
 - salt & pepper
 - avocado oil
- for the mango salsa:
 - 1 mango, diced
 - 3 or 4 avocados, cubed
 - 2 roma tomatoes, diced
 - ¼ white onion, finely diced
 - 1 jalapeño, finely diced (omit if you don't like it spicy)
 - fresh cilantro, chopped
 - 1 tsp. cumin
 - salt & pepper to season



in the morning: bring a cast iron skillet to medium–high heat. pat dry pork shoulder and season w/ salt & pepper. add avocado oil to hot skillet and sear pork shoulder until brown (~3–4 minutes/side). transfer pork shoulder to your crockpot with onion, orange, and taco seasoning of choice. cook on low for 7 hours

30 minutes before you're ready to eat: prep the mango salsa by dicing up all your ingredients and adding them to a mixing bowl. add in cilantro, fresh lime juice, cumin, and salt & pepper and toss to combine (this is also the time you'd prepare your rice, quinoa, tortillas, or whatever you want to add to your bowls!)

to get your pork nice & crispy (don't worry, it'll still be tender/juicy): shred meat in the crockpot and transfer to a cast iron skillet (onion included). broil on high for two minutes and set aside

now you're ready to plate! arrange taco bowls however you like —garnish freshly chopped cilantro, a lime wedge, a few chips, whatever you like! serve & enjoy!