

Fine w/ Food

SLOW COOKER PORK ADOBO

- 3 lbs. pork shoulder
- avocado oil
- 1 whole head of garlic
- ½ cup coconut aminos
- ½ cup rice wine vinegar (or any vinegar except balsamic)
- 1 red fresno chile or 1 tsp. red pepper flakes (optional)
- 1 tsp. whole peppercorns
- salt & pepper to season
- 1 tsp. honey
- 1 bay leaf
- green beans
- white rice

dice whole head of garlic and fresno chile. set aside

bring a cast iron skillet to high heat. cut pork shoulder into 2-inch cubes and season w/ salt & pepper. once the skillet is hot, add in avocado oil and sear meat on all sides until browned (~1 minute per side)

transfer meat to slow cooker and add in garlic, chile, coconut aminos, rice wine vinegar, peppercorns, bay leaf, and honey. cook on low for 5–6 hours

~20 minutes before you're ready to eat, cook white rice and green beans. for the green beans, we like to boil them for 2 minutes using the liquid from the crockpot

spoon rice into a bowl, add in pork adobo, and green beans. serve & enjoy!

