



Slow Cooker Street Tacos

Ingredients

Serves 12

- 6 limes, divided
- 1/4 cup orange juice
- 1 Tablespoon minced garlic
- 1/2 teaspoon salt
- 1 Tablespoon freshly ground black pepper
- 2 teaspoons cumin
- 3 pounds boneless pork butt or shoulder, trimmed
- 1 large white onion, finely chopped
- 1/2 bunch cilantro, chopped (about 1/2 to 3/4 cup)
- 12 white corn tortillas

Directions

1. Rinse pork roast under cold water and pat dry with paper towels.
2. Mix the juice of two limes, orange juice, minced garlic, salt, black pepper, ground cumin.
3. Place juice mixture and pork butt in a large plastic freezer bag.
4. Marinade for about two hours in the refrigerator.
5. Place pork shoulder in a large slow cooker with the marinade. Barely cover the pork with water and let cook on medium until meat will shred easy with a fork about 4 to 6 hours.
6. Remove meat; drain. Shred meat.
7. Place in warmed tortillas, top with chopped onion and cilantro.
8. Squeeze sliced lime on each taco.

Serving Size: 1 taco

Calories 180, Total Fat 5g, Saturated Fat 1.5g, Cholesterol 40mg,
Sodium 150mg, Total Carbohydrate 19g, Fiber 3g, Protein 14g

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Welcome to Dinner Tonight!

Have you ever wondered what is for dinner after a long day of work, errands, or afterschool activities? We know we could drive through another fast-food restaurant to save time, but is that meal meeting the nutritional needs of your family?



The Dinner Tonight program was developed to provide busy families with quick, healthy, cost effective recipes that taste great. Not only does the Dinner Tonight program provide recipes, it also gives you weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living.

Our goal for the Dinner Tonight program is to improve the health and wellness of Texans through nutrition education. We are so excited to help you get you started on preparing your dinner tonight.

To sign up for free weekly Dinner Tonight recipes go to:

www.dinnertonight.org

For More Information Contact:

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