

## Slow Cooker Street Tacos

*Fall is in the air, and that means that it is time to pull out the slow cooker if you haven't already. This recipe is a featured recipe from our Dinner Tonight website. If you haven't already done so, you can subscribe at <http://dinnertonight.tamu.edu> and receive regular healthy recipes and tips.*

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  
12 white corn tortillas  
1 large white onion, finely chopped  
1/2 bunch cilantro, chopped (about 1/2 to 3/4 cup)

<b>Nutrition Facts</b>	
Serving Size 1 taco	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 45
% Daily Values*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 14g	<b>28%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

Rinse pork roast under cold water and pat dry with paper towels.  
Mix the juice of two limes, orange juice, minced garlic, salt, black pepper, ground cumin.  
Place juice mixture and pork butt in a large plastic freezer bag.  
Marinate for about two hours in the refrigerator.  
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.  
Remove meat; drain. Shred meat.  
Place in warmed tortillas, top with chopped onion and cilantro. Squeeze sliced lime on each taco.

Yesterday marked the anniversary of a horrific incident in our history. Most school age children were not even born yet. How do you talk to them about bad things that happen? How do you talk about other tough situations that they might encounter?

Visit <http://thefamilydinnerproject.org/conversation-2/challenging-conversations/>  
For tips and ideas about how to handle challenging conversations

