



Slow-Cooked Pork Tacos

TOTAL TIME: Prep: 20 min. Cook: 4 hours

YIELD: 10 servings.

This wonderful taco filling also tastes great wrapped in Bibb lettuce leaves. I like to use any leftovers to make burritos the next day. —Kathleen Wolf, Naperville, Illinois

Ingredients

2 pounds boneless pork sirloin chops, cut into 2-inch pieces

1-1/2 cups salsa verde

1 medium sweet red pepper, chopped

1 medium onion, chopped

1/4 cup chopped dried apricots

2 tablespoons lime juice

2 garlic cloves, minced

1 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon white pepper

Dash hot pepper sauce

10 flour tortillas (8 inches), warmed

Optional toppings: Chopped tomatoes, cubed avocado, reduced-fat sour cream, shredded reduced-fat cheddar cheese and sliced green onions

Directions

1. In a 3-qt. slow cooker, combine all ingredients except tortillas and toppings. Cook, covered, on high 4-5 hours, until meat is tender.

2. Shred pork with 2 forks. Serve in tortillas; top as desired.

Nutrition Facts

1 taco: 310 calories, 9g fat (3g saturated fat), 55mg cholesterol, 596mg sodium, 34g carbohydrate (4g sugars, 2g fiber), 23g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch.

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