

Pork Carnitas
By: Dottie Baltz

Makes approximately 6 servings

- ~ 1-1/2 lbs. Pork Roast, Tenderloin or Boneless Pork Ribs
- ~ 1 cup salsa
- ~ 1 cup chicken broth
- ~ 1 teas. tomato paste
- ~ 1 teas. garlic powder
- ~ 1 teas. black pepper
- ~ 1 can of black beans

Put pork in a crock-pot and add chicken broth, tomato paste and salsa right on top of the pork. Season to taste with garlic powder, pepper and any other spices you might like.

Cook on low heat for 6-8 hours (adding black beans after 4 hours). Shred pork with a fork and serve with rice or tortillas using the sauce as a garnish.

Notes:

I used boneless pork ribs because that is what I had on hand. I didn't even defrost the pork, I just threw it in the crock-pot with the other ingredients on top. This made enough for 6 meals. The reason I added the black beans in halfway through is because I remembered that I had some that I needed to use, and I didn't want them to get overcooked or turn to mush. If you are using dried beans, you should soak them overnight and then add them to the dish at the beginning, increasing your chicken broth to at least 1-1/2 cups.

Again, you don't need to be exact with the ingredients. If you have 2 cups of chicken broth and you want to use it up, go ahead and add it. My liquid ingredients filled the crock-pot so that it just reached the top of the meat.