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## Carnitas

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*serves 6 to 8*

3 to 4 pound bone-in pork shoulder roast (it might be labeled “boston butt roast”)

1 1/2 teaspoons salt

1/2 teaspoon freshly ground black pepper

about 1 cup water

1/2 cup chopped onion

2 or 3 garlic cloves, minced

1/2 cup spicy salsa (any jarred variety is fine)

Rub the outside of the roast with the salt and pepper, then place in the crock pot. Pour the water around, but not over, the roast – you want to surround it, not cover it. Spread the onion and garlic over the top of the roast, then pour the salsa on top. Cover and cook on low for 8 to 10 hours, or until the pork is very tender.

Preheat the oven to 400° F. Carefully remove the roast from the crock pot, and shred the meat with two forks or cut into bite sized cubes (or both). Place the meat on a large, shallow baking pan and pour a little of the cooking liquid over it. Roast for 15 to 20 minutes, until the edges are brown and crispy.

Serve with lime wedges, cilantro, chopped onion and tomato, salsa, guacamole, refried beans and tortillas.