

Tex-Mex Slow Cooker Pork

6 servings Prep: 10m Cook: 7hr

- 3 lb bone-in pork shoulder roast, trimmed
- 1 onion, chopped
- 1 (10-ounce) can Rotel diced tomatoes with green chiles
- 1½ cups organic chicken broth
- ¼ teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons cumin
- 2 teaspoons paprika
- ½ teaspoon cinnamon
- 1 teaspoon chili powder

1. Place pork in a 5 or 7 quart slow cooker.
2. Add onion and tomatoes.
3. Whisk together broth, garlic powder, salt, pepper, cumin, paprika, cinnamon, and chili powder. Pour over pork and onions.
4. Cover and cook on LOW 7 to 8 hours or until pork is tender.

Tips:

1. Shred meat and serve in taco boats, on a bed of mixed greens with honey lime vinaigrette, or on top of sweet potato hash (cubed sweet potatoes, roasted with garlic and cumin).
2. If you aren't a pork fan...trimmed chuck roast works well, too!
3. Side dish ideas: roasted tricolor peppers, black beans and avocado cilantro brown rice (mash avocado, mix with rice, dash of lime juice and chopped cilantro), roasted corn and black beans.