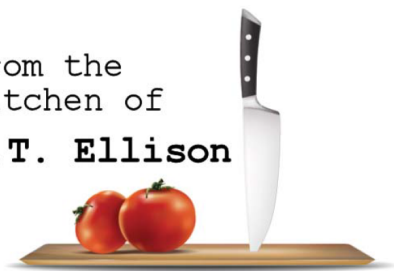


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 1 pound pork tenderloin
- ✓ 1 onion, diced
- ✓ *1 tablespoon each: cinnamon, cumin, chipotle chili powder, and pepper; mix together
- ✓ 1/2 tablespoon salt
- ✓ 4 cloves garlic
- ✓ 1 cup orange juice
- ✓ 1/3 cup lime juice

*Regarding the spices, this really is to taste, but equal amounts is key.

Note: Use the same quantities for beef. Half of this recipe is perfect for two large chicken breasts—use 1 teaspoon of each spice, instead of a tablespoon.

Carnitas

Serves 4

This is the most amazing filling for tacos, tostadas, quesadillas... and you can do it with pork or chicken, or beef, whatever you want to shred and gobble down. It's sweet and spicy and crunchy and perfection. Takes all of 5 minutes to put together, and cooks slow all day.

Directions

1. Put onions in slow cooker or Dutch oven.
2. Place meat on top of onions.
3. Add spices, making sure to cover the meat evenly.
4. Drop in garlic cloves.
5. Add orange juice and lime juice.
6. Cook on low heat for 6 hours in the slow cooker or for 2-3 hours in the Dutch oven. After two hours, flip meat, swish in the juice, then spoon mixture over meat.
7. When there's one hour of cooking time left, shred the meat and let it cook down the rest of the way.
8. Finally, put meat on baking sheet at 400 for 10 minutes or in a frying pan for 5-10 to get the edges burnt and crispy.
9. Use as filling for anything you want. Leftovers are brilliant in scrambled eggs!

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.