

# PORK TACOS

Looking for more protein? A serving contain 51 grams!

## INGREDIENTS

- 3 whole ancho chiles
- 3 whole pasilla chiles
- 4 cloves garlic, unpeeled
- 2 to 3 chipotles in adobo sauce
- 1/2 medium white onion, roughly chopped
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons honey
- 1 tablespoon cider vinegar
- Kosher salt
- 2 teaspoons dried oregano
- 3 3/4 cups low-sodium chicken broth
- 4 pounds boneless pork shoulder (untrimmed), cut into chunks
- Freshly ground pepper
- 2 bay leaves
- 1 cinnamon stick
- Corn tortillas, warmed, for serving
- Assorted taco toppings of your choosing: Limes, cilantro, avocados, onion, etc.

## DIRECTIONS

### STEP 1

Microwave ancho chiles, pasilla chiles, and the garlic in a bowl with 3 tablespoons of water for about 2 minutes. Stem and seed the chiles for less spice, and peel the garlic. Transfer the chiles and garlic to a blender.

### STEP 2

Add the chipotles, onion, 2 tablespoons olive oil, honey, vinegar, 1 tablespoon salt and the oregano to the blender; puree until smooth.

### STEP 3

Heat the remaining 1 tablespoon oil in a large skillet over high heat; add the chile sauce and fry, stirring, until thick and fragrant. Pour in the broth and reduce until slightly thickened.

### STEP 4

Season the pork with salt and pepper and transfer to a large slow cooker. Add the bay leaves and cinnamon stick, then pour in sauce. Cover and cook on high until the meat is tender, about 5 hours.

#### *Alternative Cooking Method:*

Cook in a large Dutch oven, covered, for 1 hour 45 minutes at 350 degrees; then uncover and cook 30 more minutes.

### STEP 5

Discard the bay leaves and cinnamon stick. Shred the pork with 2 forks; season with salt and pepper. Serve the shredded pork in the tortillas, along with your choice of toppings.



## NUTRITION FACTS

Serving Size: 1-2 tacos | Total servings: about 8  
Per Serving: 399 calories, 15g fat, 4g saturated fat, 147mg cholesterol, 452mg sodium, 14g carbohydrates, 5g sugars, 3g fiber, 51g protein



**Wisconsin Athletic Club**

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