

PREPARATION: 15 MINUTES

COOKING: 3 HOURS

10 SERVINGS



# PULLED PORK

## INGREDIENTS

1 kg boneless pork shoulder\*

1 onion, peeled and cut in half

3 cloves garlic, peeled and smashed

398 mL can pineapple chunks with juice

### Spice rub

½ teaspoon black pepper

1 teaspoon garlic powder

1 teaspoon chili powder

1 teaspoon oregano

½ teaspoon cinnamon

1 teaspoon paprika

1 teaspoon cumin

1 tablespoon brown sugar

### Toppings

1 small bag coleslaw

1 lime

Fresh cilantro

Chipotle Cream Sauce  
(see page 3)

Or make a spicy mayonnaise  
by adding 1 tsp hot sauce  
to ¼ cup mayonnaise

Tortillas

### Nutrient Analysis

#### PER SERVING:

¼ of recipe

#### RENAL EXCHANGE:

3 Protein + ½ Fruit

Calories	163 Kcal
Protein	21 g
Carbohydrates	10 g
Fibre	1 g
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	64 mg
Sodium	80 mg
Potassium	418 mg
Phosphorus	218 mg

The analysis contains only the pork.

\* For larger cuts, divide into two. Wrap and store one portion in freezer.

## PREPARATION

- 1 In a small bowl, combine all ingredients for the spice rub.
- 2 Rub spice mixture over pork.

### Slow Cooker Method

- 3 Add the pork to the slow cooker. Tuck onion and garlic beside the meat. Pour pineapple and juice over meat.
- 4 Cover and cook on low temperature setting for 8 hours.

### Oven method

- 3 Preheat oven to 325°F.
- 4 Place pork, onion and garlic in a roasting pan. Pour pineapple and juice over the meat. Add 1 cup of water. Cover and cook for 3 hours.

- 5 Place meat onto large platter and shred it using 2 forks. Pour ½ cup liquid from the pot over the shredded meat.
- 6 Heat tortilla one at a time in non-stick small pan for 15 seconds each side.
- 7 Place tortilla on a plate. Top with meat and garnish with coleslaw and cilantro, add sauce on top. Squeeze a lime wedge over taco and enjoy!

*Tip: For browned or crispy meat, pan fry a portion of the shredded meat. You can also spread it on a baking sheet and place it under the broiler for 5–10 minutes. Freeze leftovers in freezer bags, flatten out for easy storage.*

*The pulled pork also goes well with the coleslaw recipe on page 11.*