

Short Cut Pork Pibil

If you have leftover braised/pulled pork and your bored of eating it the way you have been, this is a great recipe to add new flavors. It starts with already cooked pork which cuts down on the recipe time considerably. If you don't have already slow cooked pork, make that instead!

This is a riff on Puerto Rican pork Pibil. This would be great during the soft food stage of healing from bariatric surgery. I also made it into tacos with corn tortillas, avocado, cilantro, cotija cheese and radishes.

Directions

Makes 1.5 pounds pork

Heat your oven to 250°F.

Add all items to a dutch oven or heavy-bottomed pot. Cover with the lid or seal with foil. Cook for 1-2 hours. 1 hour is enough if your pork was already very soft. I cooked mine for 2 hours because it needed to get a little more tender. As long as the carrots are cooked it is done.

This will keep in the fridge for over a week. Can be used in many dishes or eaten as is! ■

Ingredients

1.5 lbs soft cooked pork, how ever you did it, pulled or chopped into 1-inch chunks

fine zest of 1 orange + 1 lime

1 orange peeled + medium diced

juice of 2 limes

1 cup carrots, sliced in thin coins

2 tablespoon chopped oregano

1 jalapeño, minced

3 garlic cloves, minced