



Instant Pot Carnitas



prep time
10-20 min



total time
1 hr, 35-45 min



servings
6-8

Ingredients

- 2-3 pounds/900-1350 grams boneless pork shoulder or pork butt trimmed and cut into 2-inch pieces ~ 27-41 servings of protein, 9-14 servings of fat
- Salt and ground black pepper to taste
- 2 tablespoons coconut oil ~ 2 servings of fat
- 1 cup fresh orange juice ~ 1 serving of carb
- 1/2 cup fresh lime juice
- 5 garlic cloves, finely chopped
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 2 teaspoons chili powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- Chopped cilantro to garnish (optional)

Suggestions for Serving (optional)

- Warm corn tortillas for taco or romaine lettuce for a salad, rice or cauliflower rice for a bowl.
- Chopped onions, tomatoes, cilantro, salsa, avocado, corn, jalapenos, lime wedges.

simple mexican dish

Instructions

- 1 Season the pork with salt and pepper.
- 2 Click the "Saute" setting on the instant pot. Heat 1 tablespoon of oil and working in 2 batches, add the pork pieces and sear until evenly brown, about 3-4 minutes. Transfer the meat to a bowl or plate and proceed with the remaining oil and pork. Remove the browned pork from the instant pot and press "cancel" to turn off the heat.
- 3 Pour the orange juice and lime juice into the instant pot and using a wooden spoon, scrape the bottom of the pot to remove any browned bits stuck to the bottom. Stir in the rest of the ingredients and return the pork and any collected juices to the instant pot.
- 4 Close the lid and make sure the valve is in the sealed position. Cook on HIGH pressure for 60 minutes. Let the pressure release naturally for 15 minutes before fully releasing the pressure. Then remove the lid.
- 5 Remove the pork from the pressure cooker and shred the meat.
- 6 Turn the pressure cooker to "Saute" mode and reduce the liquid for about 5 minutes. Taste for seasoning.



- 7 Return the shredded pork to the instant pot and toss to get the meat all coated with the cooking liquid. Press "cancel" to turn off the heat.
- 8 Optional steps: Turn on the oven broiler to high. The oven rack should be at about 6 inches from the heat source. Transfer the pork to a baking sheet and spread the meat into an even layer. Spoon about 2 - 3 tablespoons of the cooking liquid over the pork and broil for about 4-5 minutes or until the edges of the pork begin browning. Remove the baking sheet from the oven and with a spatula, flip the meat over. Broil for an additional 4 -5 minutes to get the meat browned and crispy on the edges. Remove from the oven. You can pour some extra cooking liquid over the pork or serve as is sprinkled with some chopped cilantro (optional).

Whole Recipe Breakdown:
27-41 servings protein
1 servings carb
11-16 servings fat
0 servings veggies

