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HSN Slow Cooker Shredded Pork with Cilantro Lime Rice

This make ahead Mexican pulled pork recipe is courtesy of Kelly Sieben (husband of our very own dietitian Sherene Sieben). Serve this pork with the cilantro lime rice and your favorite veggies or add to soft corn or flour tortillas with fresh salsa, guacamole and fresh jalapeño peppers.

Serves 8

What you need for the pork:

4 lb roast, cut into two, 3" chunks
5 cloves garlic, chopped
1 cup water
Juice from one lime
Tex-mex seasoning to taste
Salt & pepper to taste

What you need for the rice:

1.5 cups rice
2.75 cups water
Juice from one lime (NO skin or peel... unless you are cruel and like to ruin meals)
Chopped cilantro to taste



How you prepare:

Put the pork ingredients in the slow cooker and leave it on low for about 8 hours. Take the pork chunks out and pull them apart with a fork and then place back into the pot and stir.

Combine rice and water in a pot and bring to a boil. Add lime juice and cilantro. Stir once and then turn heat to low, cover pot and simmer for 20 minutes.

Per serving (pork only):

Calories: 290
Carbohydrates: 1 g
Protein: 52 g
Fat: 7 g

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