Ranchero Pork

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Servings: 8

Preparation Time: 18 minutes Start to Finish Time: 10 hours

1 can (14 oz) mild red enchilada sauce 1 can (4 oz) diced green chilies 3 1/2 pounds bone-in pork shoulder roast, well trimmed 1 medium red onion, sliced 1/4 cup fresh lime juice 1/2 cup fresh cilantro, chopped

warm corn tortillas

In a 4-quart or larger slow cooker, mix the enchilada sauce and chiles.

Add the pork. Spoon the sauce over the top.

Cover and cook on LOW for 8 to 10 hours until the pork is very tender.

At least 20 minutes before serving, toss the onion slices with the lime juice in a medium bowl. Let stand, tossing once or twice until slightly wilted.

Remove the pork to a cutting board.

Stir the cilantro into the mixture in the slow cooker.

Break the pork into bite-size chuchks with a wooden spoon and return to the slow cooker. Stir to combine.

Spoon the pork residue on warmed tortillas. Top with the marinated onions. Fold and eat.

Per Serving (excluding unknown items): 10 Calories; trace Fat (3.1% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit.