



# PULLED PORK TACOS

## INGREDIENTS

**PREPARATION: 15 MINUTES**

**COOKING: 8 HOURS  
IN SLOWCOOKER**

**4 SERVINGS OR 8 TACOS**

### Nutrient Analysis

#### PER SERVING

2 tacos

#### Renal exchange:

4 Protein + 2 Starch + 1 Vegetable

Calories	<b>377Kcal</b>
Protein	<b>32g</b>
Carbohydrates	<b>46g</b>
Fibre	<b>4g</b>
Total Fat	<b>6g</b>
Saturated Fat	<b>1g</b>
Cholesterol	<b>64mg</b>
Sodium	<b>388mg</b>
Potassium	<b>680mg</b>
Phosphorus	<b>382mg</b>

**1 pound pork tenderloin**  
**2 tablespoons lime juice**  
**1 cup no salt added chicken stock**  
**1 chipotle pepper in adobo sauce, chopped**  
**1 teaspoon cumin**  
**1 teaspoon paprika**  
**1 teaspoon chili powder**  
**1 teaspoon garlic powder**

### CHARRED CORN SALSA

**1 cup frozen corn**  
**1/3 cup green onion, chopped**  
**1/3 cup red pepper, diced**  
**1/3 cup cilantro, washed and chopped**  
**1 chipotle pepper in adobo sauce, chopped\***  
**8 white flour tortillas (6 inches diameter)**  
**1/2 cup cilantro, washed and chopped**

*\* Scrape out the seeds and discard if you want a milder salsa.*

## PREPARATION

- Place the pork tenderloin in the base of your slow cooker. Mix together the lime juice, chicken stock and spices. Pour the spice mixture over the pork tenderloin. Close the lid on the slow cooker and cook on low for 8 hours.
- For the salsa, heat a skillet on high. Once the pan becomes extremely hot, add the frozen corn and sauté until the corn takes on a charred appearance.
- Transfer the charred corn to a mixing bowl. Add the onion, red pepper, cilantro and chipotle pepper and mix. Refrigerate until ready to use.
- Once the pork has cooked, it can easily be pulled apart. Discard any excess cooking liquid. Turn off the heat and add the cilantro.
- Fill the tortillas with pulled pork and corn salsa.