

# TEXAS A&M AGRI LIFE EXTENSION

**Prep time:** 7 hours

**Cook time:** 4-6 hours

**Serves:** 12

**Cost per serving:** \$1.09

## Utensils Needed:

Measuring Spoons

Cutting board

Knife

Large freezer bag

Small Bowl

## Nutrition Facts

Serving Size 1 taco  
Servings Per Container 12

Amount Per Serving

**Calories** 180    **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g                      **8%**

  Saturated Fat 1.5g              **8%**

  Trans Fat 0g

**Cholesterol** 40mg               **13%**

**Sodium** 150mg                  **6%**

**Total Carbohydrate** 19g      **6%**

  Dietary Fiber 3g                **12%**

  Sugars 2g

**Protein** 14g

Vitamin A 2%       • Vitamin C 25%

Calcium 2%       • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## Slow Cooker Street Tacos

### Ingredients:

6 limes, divided

1/4 cup orange juice

1 Tablespoon minced garlic

1/2 teaspoon salt

1 Tablespoon freshly ground black pepper

2 teaspoons cumin

3 pounds boneless pork butt or shoulder, trimmed

12 white corn tortillas

1 large white onion, finely chopped

1/2 bunch cilantro, chopped (about 1/2 to 3/4 cup)

### Directions:

1. Rinse pork roast under cold water and pat dry with paper towels.
2. Mix the juice of two limes, orange juice, minced garlic, salt, black pepper, ground cumin.
3. Place juice mixture and pork butt in a large plastic freezer bag.
4. Marinade for about two hours in the refrigerator.
5. Place pork shoulder in a large slow cooker with the marinade.
6. Barely cover the pork with water and let cook on medium until meat will shred easy with a fork.
7. About 4 to 6 hours.
8. Remove meat; drain. Shred meat.
9. Place in warmed tortillas.
10. Top with chopped onion and cilantro.
11. Squeeze sliced lime on each taco.

