

# Slow Cooker Carnitas

- Mix together all dry ingredients.
- Pat dry the roast with paper towels. Press the spices all over the roast until well coated.
- Heat the coconut oil on the stove in large cast iron skillet. Brown all sides of the roast- About 10 min. total. This is a bonus, as it enhances the flavor of the pork and toasts the spices. If time constraints or laziness get the best of you, just skip this step.
- Transfer the roast into your trusty crockpot. Toss in the any remaining dry rub mixture.
- Cook on low heat for 10 hours. It should be very tender. I was able to shred it with a fork right in the crockpot at this point. Toss the meat in all its yummy juices and enjoy. Perfect for salads, tacos, or burritos with leftovers for the week:)

Inspired by my absolute love of Chipolte's carnitas salad bowl, I got adventurous in the kitchen this week. The result: the most delicious slow -cooked Mexican pulled pork ever! With a \$10 investment (a center cut roast at Market Basket) and 10 minutes of prep time (the slow cooker did most of the work), I have a yummy protein source to top salads all week.