

EASY PORK CARNITAS RECIPE

yield: 16 SERVINGS prep time: 5 MINUTES cook time: 4 HOURS 30 MINUTES
total time: 4 HOURS 35 MINUTES

Pork is seasoned and slow-cooked, until it's fall-apart, fork-tender. We like to serve this taco night favorite in a variety of ways, with sautéed sweet peppers!



INGREDIENTS

- 5 lb. bone-in pork shoulder (aka Boston butt)
- kosher salt
- freshly ground black pepper
- 1 T. vegetable oil
- 3 c. low sodium chicken broth
- 1 white or yellow onion, peeled & quartered
- 1 T. dried oregano leaves
- 1 tsp. ground cumin
- 1 tsp. paprika
- 3 to 4 sweet bell peppers – I like to use a colorful variety
- 1 T. butter
- 1 T. olive oil

INSTRUCTIONS

FOR THE PORK:

- 1** Remove pork from refrigerator one hour before starting to cook. Rinse and pat dry with a paper towel. Sprinkle all over with salt and pepper, fairly generously.
- 2** Preheat oven to 350° F.
- 3** Heat a 5 to 7 quart Dutch oven over medium to medium-high heat. Add oil. When oil is hot and starts to shimmer, add pork. Cook until nicely browned and then turn, repeating that same process until all sides are browned. Add broth, onion, oregano, cumin, and paprika. Turn heat up a bit to bring liquid to a boil. Then spoon some of the hot liquid over the top of the meat.
- 4** Place the cover on and transfer to preheated oven. Cook until meat is literally falling apart, about 4 hours, spooning liquid over meat once or twice during cooking.

FOR THE SAUTÉED SWEET PEPPERS:

- 1** About half an hour before the meat is done, prepare the sweet peppers. Cut into long slices, about 1/4" wide or so. Heat a wide skillet over medium heat - I like to use a large cast iron skillet.
- 2** Add butter and olive oil. When the butter has melted, add the peppers, stirring to coat. Cook for about 10 minutes, letting

them soften up.

- 3 Then turn up the heat to medium-high. Let the peppers start to darken and char, stirring every couple minutes. Transfer peppers to serving dish.

TO CRISP THE PORK:

- 1 When the pork has finished cooking, remove pot from the oven and place on stove top. Transfer meat to a platter. With a large spoon, push meat off the bone in chunks; discard bone and any large pieces of fat.
- 2 Transfer pork back to French oven and turn on heat to medium-high. Cook, stirring with a large wooden spoon to break up pork, until liquid in French oven has almost entirely evaporated and meat begins to sizzle and caramelize, 5 to 10 minutes. The meat should pull into shreds very easily.

NOTES

To serve: Serve with small warmed tortillas, the sauteed peppers, and your choice of taco toppings. Also great served over tortilla chips, in rice bowls, or with a taco salad.

Adapted from Braises and Stews by Tori Ritchie (a really great overall cookbook, by the way!)

NUTRITION INFORMATION: Yield: **16** Serving Size: **1**

Amount Per Serving: Calories: **459** Total Fat: **33g** Saturated Fat: **12g** Trans Fat: **0g** Unsaturated Fat: **18g**
Cholesterol: **129mg** Sodium: **153mg** Carbohydrates: **5g** Fiber: **1g** Sugar: **2g** Protein: **34g**

Nutrition information is automatically calculated by Nutritionix. I am not a nutritionist and cannot guarantee accuracy. If your health depends on nutrition information, please calculate again with your own favorite calculator.

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