

# Braised Pork Carnitas

## Makes 1.5-2 pounds of pulled pork carnitas

This is super simple braised pork carnitas. It's quick to get in the oven and then cooks slowly for a few hours, resulting in tender pull apart pork that's great to include in other recipes or to have on hand in your freezer. Try stuffing it in tacos, enchiladas, burritos or Torta De Carnitas!

## Directions

Pre-heat the oven to 250°F.

Season the pork roast with salt, pepper, cumin + coriander. Heat a large dutch oven or heavy pot over medium heat. Add the oil. Sear the roast on all sides until it is dark golden brown.

Place the roast on a plate and pour off the excess fat. Add the onions and garlic and cook for a few minutes to soften. Put the roast in the middle of the pot. Add the broth and herbs. Bring broth to a boil and cover.

Place the pot in the oven and braise pork until very tender, about 3 to 3-1/2 hours. The pork is done when it is tender and very easy to pull the meat apart.

If you'd like, freeze the pork in smaller portions to have on hand for quick dinners. ■

## Ingredients

1 boneless pork shoulder, 2-3 pounds

1 teaspoon salt

1/2 teaspoon black pepper

1 tablespoon ground cumin

1 tablespoon ground coriander

1 tablespoon avocado oil

4 cloves of garlic -smashed

1 medium onion-medium diced

2 teaspoons dried oregano

3 sprigs fresh thyme

1-1/2 cups broth, any variety