



Kristin's Slow Cooked Pork Bowls



For the pork:

4-5 lb pork shoulder w/bone
1 tbsp ground coriander
1 tbsp ground cumin
1 tsp chili powder
1 tbsp garlic powder
2 tsp dried oregano
1 tsp onion powder

Rub seasoning all over pork. Place seasoned pork in slow cooker (you do NOT need any liquid, nor do you need to brown it first, TRUST ME! 😊)
Slow cook for 8-10 hours
Shred the meat
You can use the juice in the slow cooker to pour over the meat, but make sure to strain off all the fat

For the pickled onions

1 medium red onion thinly sliced
½ cup apple cider vinegar
1 cup warm water
1 T sugar
1 ½ t sea salt

Combine vinegar, water, sugar and salt in medium bowl and whisk together until sugar and salt are dissolved. Place sliced onions in a mason jar and pour juice over them. Cover and refrigerate. Best to make one day ahead – will keep for a few weeks. I have made one hour before serving and they were still good!

To serve

Shredded pork
Grain of choice (I used wheat berries b/c I hadn't made for a long time and was in the mood, but any will do – farro, quinoa, rice, etc)
Arugula
Cilantro
Black beans
Avocado
Jalapeño
Hot sauce of choice
Pickled onions
Other ideas: roasted sweet potatoes, roasted veggies, lentils, fried tofu – be creative

Refreshing Mocktail

Ingredients

Ice

Rosemary sprigs

1 oz peach nectar

1 oz white cranberry juice

½ oz fresh lemon juice

½ oz simple syrup

1 oz chilled club soda

Combine all ingredients (except the club soda) into a cocktail shaker. Shake well and pour into glass, stir in club soda and add a rosemary sprig to the glass.