

Tacos for all

<u>Food Item:</u>	<u>Amount:</u>	<u>Notes:</u>
One for all shells		
By Crunchy Kitchen	12 each (contains: plantains, avocado oil, Himalayan salt)	
Braised pork or other	1 lb. See instructions below for braising	
Sautéed vegetables		
as alternative		
Thinly sliced radishes	2 each	
Watercress or other green	1 head or as needed	
Cilantro	½ cup chopped	
Hot sauce of your choice	We like Popes Kitchen selections	
Lucky Penny goat feta	As desired, optional	

Procedure:

To braise the pork place into a crock pot along with 3 bay leaves, 1 teaspoon of real salt, 2 cups of water and 1 cup of Bragg's apple cider vinegar and cook on low until tender. Refer to your crock pot instructions for details. Alternatively preheat oven to 300°. Place pork into an oven safe baking dish with the same ingredients as listed above. Cover with parchment paper and aluminum foil or a lid if available. Roast for 3-4 hours or until tender. Tear the meat into shreds mixing with the liquid.

Building your tacos: Bring a large skillet to medium high heat. Place the shells on the skillet for about 30-60 seconds until very warm. Flip onto a plate. Next place about 1 oz of meat into each shell. Top with hot sauce, radishes and watercress.

*plantains are very low in fructose when green and is considered safe for most folks who need to be fructose free.



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