

# Pulled Pork Burritos



PREP TIME:  
10 MINUTES

COOK TIME:  
7.5 HOURS LOW CROCKPOT

TOTAL TIME:  
7 HOURS 40 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 8 Servings

## Ingredients:

- 2.5 Pounds Organic Pork Butt or Shoulder
- 4 Garlic Cloves - Diced
- ½ Large Onion (red has more flavor)- Diced
- 1 Teaspoon Salt
- Cracked Pepper to Taste
- 2 Teaspoons Chili Powder
- 1 Teaspoon Paprika
- 1 Teaspoon Oregano
- 1 Teaspoon Cumin
- 1 Teaspoon Garlic Powder
- ½ Cup Organic Chicken or Veggie Broth
- Large Gluten Free Tortilla (*I used Be Free brand*)
- 1 15oz. Can Organic Black Beans (*non-BPA lined*)
- Baby Spinach or Kale
- Gluten Free Rice (*I used RightRice – made from Lentil/ChickPea*)
- 1 Medium Organic Green Pepper – Sliced Thin
- 1 Medium Organic Red Pepper – Sliced Thin
- ½ Cup Red Onion Sliced – Sliced Thin
- 1 TBSP Extra Virgin Olive Oil
- **Optional Toppings:** Sliced Avocado, Organic Salsa, Vegan/Dairy Free Cheese

## Instructions:

1. Add all dry ingredients in small bowl. Mix until blended.
2. Remove Pork from Packaging – trim fat where needed.
3. Add onion, garlic and broth to bottom of slow cooker.
4. Cover pork – all sides with dry rub.
5. Place in crockpot and let cook on low for 7.5-8 hours.

6. Keep pork in the pot and carefully shred with 2 large forks, pulling apart and then stirring until all liquid is combined. Keep on warm for another 15 minutes.
7. While meat is warming, add olive oil, onions and peppers to small sauté pan. Season lightly with salt and pepper. Cook on medium heat about 10-15 minutes – stirring occasionally.
8. Cook rice according to package directions.
9. Spray baking pan lightly with olive oil.
10. In the center of your tortilla, add a heaping spoonful of rice and beans, desired sauteed peppers, 1-2 *TBSP optional dairy free cheese* and about 1/3 cup of pork. Top with handful of spinach or kale.
11. Roll both sides of tortilla until wrapped, flip over and lay in baking sheet with folded sides down.
12. Bake at 350 for about 15-20 minutes, until cooked through.

**\*Try and use all organic ingredients if possible.**

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