

Hawaiian Pork Burrito Bowls

#cooking/recipe

#cooking/slow cooker#

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Slow Cooker Hawaiian Pork Burrito Bowls

Ingredients

(14.5 oz) can tomato sauce

2 tablespoon tomato paste

2 tablespoon chili powder

2 tablespoon cumin

1 teaspoon onion powder

1 teaspoon garlic powder

1/4 teaspoon paprika

1/8 teaspoon cayenne

1/4 teaspoon salt

1/4 teaspoon pepper

1 cup pineapple juice

pork:

1 tablespoon coconut oil (or olive oil)

2 lbs pork sirloin roast

2 teaspoon cumin

1 teaspoon chile powder

2 teaspoon salt

2 teaspoon pepper

garnish:

1/2 tablespoon coconut oil

1 1/2 cups quinoa, uncooked, rinsed and drained

3 cups water

2 bell peppers, thinly sliced (i used red and orange)

1 green onion, thinly sliced

1 pineapple, sliced into rings

avocado, sliced

cilantro, chopped

Process

enchilada sauce:

in a crock pot, add the ingredients for the enchilada sauce: tomato sauce through the pineapple juice. whisk until well combined.

for the pork:

in a large skillet, add the coconut oil and heat over medium high heat.

season all sides of the pork with the cumin, chile powder, salt and pepper.

add the pork to the skillet and sear on all sides, about 2 mins per side. once seared add to a slow cooker . spoon some of the enchilada sauce over the top of the pork. cook on high for 3 1/2 hours, or until done.

remove the pork from the slow cooker and onto a large plate. shred with two forks. place back into slow cooker and mix well with the sauce.

to serve:

cook the quinoa according to the packages instructions. set aside until ready to serve. remove from the heat.

meanwhile, in a large skillet, heat the coconut oil over medium heat. add the peppers and sauté for 5 minutes or until soft. remove from the heat and add the pineapple slices. cook until slightly browned, about 1 minute.

to serve, add quinoa to a bowl, top with the pepper mixture then the pork. garnish with the pineapple rings, avocado and cilantro.

Nutrition

Servings: 6

Calories: 525cal

Fat: 15g

Carbs: 54g

Protein: 43g