

# Slow Cooker Cuban Pork



## Ingredients

2 Tbls. olive oil  
½ cup orange juice  
½ cup lime juice  
1 ½ tsp. salt  
1 tsp. cumin  
1 tsp. dried oregano  
¼ tsp. crushed red pepper flakes  
1/8 tsp. black pepper  
1 small, sweet onion, sliced thin  
6 cloves garlic, peeled and smashed  
1 dried bay leaf  
3 lbs. boneless pork shoulder roast

## Instructions

In a medium bowl, whisk together the 2 tablespoons olive oil, 1/2 cup EACH orange juice and lime juice, 1 ½ tsp. salt, 1 tsp. EACH cumin and dried oregano, ¼ tsp. red pepper flakes, and 1/8 tsp. pepper.

Make slits in a 3 lb. boneless pork shoulder roast with a paring knife and rub liberally all over with the oil mixture.

Place pork in a 6-quart greased slow cooker, along with a sliced sweet onion, 6 peeled and smashed garlic cloves, and a dried bay leaf.

Pour the remaining juices from the bowl over the pork. (At this point, IF time permits, cover the insert with everything in it and transfer to the fridge overnight. In the morning, let it warm slightly on the counter and proceed to cook.)

Cover and cook on low for 8 hours or until an internal temperature of 202-205 degrees F is reached and the pork pulls apart easily.

Transfer pork to a cutting board and let cool slightly. Using tongs or forks, shred into thick chunks.

You can enjoy as is or take it a step further by crisping it up in a pan, which is recommended! To pan fry, warm a tablespoon of oil in a nonstick skillet or cast iron pan over medium-high heat. Working in batches to avoid over-crowding, spread the pork in the pan in an even layer, drizzling with some of the juices. Once the juice evaporates and the bottom of the pork is golden and crispy, sear it quickly on the other side and then remove from the skillet. You want it browned all over, but not dry.

Serve as desired. We love it with pickled red onion or pico de gallo on corn or small flour tortillas, served with my cilantro lime rice.

Note: More serving suggestions, proper storage, helpful tips, and alternative cooking methods in the oven and IP are included in the full article.