

Cuban Tacos

Gratiot Isabella Tech Ed. Center



Ingredients

½ c dry black beans
1 tbsp. olive oil
1 yellow onion, diced
2 cloves minced garlic
1 pound pork loin
1 green apple, cored, peeled and diced
1 lime
4.5 can green chilis
2 c. chicken broth
1 tbsp. cumin
1 tsp. dry mustard
¼ tsp cayenne pepper
½ tsp. salt
½ tsp. black pepper
8 Corn or flour tortillas

Directions

Step one- Rinse beans and soak in water overnight. Drain.
In a medium-large pot sauté onions in olive oil, until translucent. Add garlic and cook until fragrant. Add the remaining ingredients and bring to a boil. Reduce heat and simmer for two hours.
Remove the pork, let cool slightly and shred (two forks works well for this). Return to pot and simmer for an additional hour.
Serve in flour or corn tortillas.
Top with cheese, sour cream, cilantro or peppers if desired.

Nutritional Information

Calories per serving
Total Fat
 Saturated Fat
Cholesterol
Sodium
Total Carbohydrates
 Dietary Fiber
Protein

Servings 4

297
10g
 3g
44mg
75mg
28g
 8g
25g