

Mole Pork and Green Olive Quesadillas

Yield: 6 Servings

Ingredients

2 tablespoons Olive oil	1/3 Cup Chicken broth
1 Cup Chopped onion	2 Tablespoons Semisweet chocolate; Chips
3 Cloves Garlic; Minced	2 Cups Pulled pork master recipe
2 teaspoons Chili powder	6 8 inch Flour tortillas
1/2 Teaspoon Ground cumin	1-1/2 Cups Shredded monterey jack cheese; 6 oz.
1/4 teaspoon Ground cinnamon	2/3 Cups Pimiento-stuffed olives; Sices
1/4 Teaspoon Dried oregano; Crushed	1/2 Cup Thinly sliced red onion; 1 medium
2 Teaspoons All purpose flour	

Preparation

In a large skillet heat oil over medium heat. Cook chopped onion and garlic in hot oil for about four minutes or until tender. Stir in chili powder, cumin, cinnamon, and oregano. Cook and stir about one minute more. Stir in flour. Add chicken broth and stir. Cook until thickened and bubbly, stirring constantly. Add chocolate and stir until melted. Stir in shredded pork and heat through.

Coat one side of each tortilla with cooking spray. Place tortillas, sprayed side down, on a cutting board or waxed paper. Sprinkle 1/4 cup Monterey Jack cheese over half of each tortilla. Top evenly with pork mixture, green olives, and red onion slices. Fold tortillas in half, pressing gently.

Heat a large non-stick skillet over medium heat. Cook quesadillas, two at a time, in hot skillet for 4 to 6 minutes or until light brown, turning once. Remove quesadillas from skillet; place on a baking sheet. Keep warm in a 300' oven. Repeat with remaining quesadillas. To serve, cut each quesadilla into three wedges.

Cuisine: Mexican

Main Ingredient: Shredded pork



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Pulled Pork Master Recipe

Great for sandwiches.

Yield: 0 Servings

Ingredients

3 1/2 pounds boneless pork shoulder	2 tablespoons cider vinegar
1 cup sweet onion; chopped	1 tablespoon worcestershire sauce
6 cloves garlic; minced	1 tablespoon chili powder
1 12 ounce chili sauce	1/2 teaspoon salt
2 tablespoons brown sugar	1/2 teaspoon black pepper

Preparation

Trim fat from pork. Place pork, onion and garlic in slow cooker. In a med bowl, combine chili sauce, brown sugar, cider vinegar. Worcestershire sauce, chili powder, salt and pepper. Pour over pork in cooker.

Cover and cook on low heat setting for 10-11 hours or on high for 5-6 hours. Remove pork from cooker and reserving juices. Using two forks, shred pork, discarding any fat. Skim fat from juices. Add enough juices to the pork to moisten. Place 2 cup portions of pork in airtight containers and refrigerate for up to 3 days or freeze for up to 3 months. Makes 6 cups.

Per Serving (excluding unknown items): 266 Calories; 2g Fat (5.5% calories from fat); 7g Protein; 64g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 1389mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Vegetable; 1/2 Fat; 2 1/2 Other Carbohydrates.

Cuisine: American

Main Ingredient: Pork



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