



Instant Pot Mojo Pork

Active Time: 15 minutes | **Total Time:** 3 hours | **Serves:** 12

Nutrition Information Per Serving

266.5 calories, 6.12 g carbohydrate, 0.91 g fiber, 5.21 g NET carbs, 29.89 g protein, 13.19 g fat

Ingredients

- 64 ounce(s) pastured pork shoulder
- 1/3 cup(s) orange juice
- 1 whole medium grapefruit, juiced
- 2 whole(s) medium limes, juiced
- 2 Tbsp(s) avocado oil
- 2 head(s) garlic, cloves peeled
- 1 tsp ground dried oregano
- 2 tsp(s) coarse kosher salt
- 2 tsp(s) round cumin
- 2 whole (s) bay leaves

Preparation

1. Cut the pork into four pieces. Add the oil to the Instant Pot and turn to Saute.
2. When oil is hot, cook the pork in a single layer to brown on both sides. Transfer seared pieces to a plate.
3. Add the juices, garlic, salt and spices to a blender. Blend until smooth.
4. Put the seared pork and bay leaves into the Instant Pot vessel. Pour the marinade over the top.
5. Close the Instant Pot and seal and lock the lid.
6. Set the pressure to HIGH and time for 60 minutes.
7. When the cooking time is complete, let the pork release naturally for 30 minutes.
8. Transfer the cooked pork to a plate and let rest.
9. Meanwhile, strain the cooking liquid from the Instant Pot, and discard all of the solids.
10. Serve the mojo pulled pork with the extra mojo sauce on the side.

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