

# Carne Guisada

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## Servings: 12

## Yield: 2 quarts

*1 bottle (12 ounce) beer*  
*1/4 cup all-purpose flour*  
*2 tablespoons tomato paste*  
*1 jalapeno pepper, seeded and chopped*  
*4 teaspoons Worcestershire sauce*  
*1 bay leaf*  
*2 to 3 teaspoons crushed red pepper flakes*  
*2 teaspoons chili powder*  
*1 1/2 teaspoons ground cumin*  
*1/2 teaspoon salt*  
*1/2 teaspoon paprika*  
*2 cloves garlic, minced*  
*1/2 teaspoon red wine vinegar*  
*dash liquid smoke (optional)*  
*1 three-pound pork shoulder butt, cut into two-inch pieces*  
*2 large unpeeled red potatoes, chopped*  
*1 medium onion, chopped*  
*whole wheat tortillas OR hot cooked brown rice*  
*lime wedges (optional)*  
*fresh cilantro (optional)*

## Preparation Time: 25 minutes

## Slow Cooker: 7 hours

In a four- or five-quart slow cooker, combine the first thirteen ingredients. If desired, stir in the liquid smoke. Add the pork, tomatoes and onion. Toss to combine.

Cook, covered, for 7 to 9 hours or until the pork is tender.

Discard the bay leaf. Skim the fat from the cooking juices.

Shred the pork lightly with two forks.

If desired, serve with tortillas, lime and cilantro.

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Per Serving (excluding unknown items): 33 Calories; trace Fat (6.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 133mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Pork, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	33
% Calories from Fat:	6.9%
% Calories from Carbohydrates:	81.6%
% Calories from Protein:	11.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	133mg
Potassium (mg):	85mg
Calcium (mg):	12mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	330IU
Vitamin A (r.e.):	33 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	12
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

<b>Calories</b>	33	Calories from Fat: 2
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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	133mg	6%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		12%
<b>Calcium</b>		1%
<b>Iron</b>		3%

\* Percent Daily Values are based on a 2000 calorie diet.