



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Shredded Pork Wrap with Sweet & Spicy Pear Slaw

24 Servings

Ingredients

SHREDDED PORK

6 pounds pork loin, trimmed and excess fat removed
6 cups low sodium beef broth
2 (15-ounce) cans Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved, divided
2 cups coconut aminos (or soy sauce)
2 tablespoons garlic powder
2 tablespoons onion powder

SWEET & SPICY PEAR SLAW

¼ cup apple cider vinegar
2 tablespoons Dijon mustard
2 tablespoons reserved pear juice
½ teaspoon kosher salt
1 teaspoon dried red pepper flakes
2 cups reserved Pacific Northwest Canned Pears, diced
4 cups broccoli slaw mix

24 eight-inch whole grain tortillas
12 ounces Monterey Jack cheese, grated

Method

Preheat oven to 250 degrees F.

Place pork loins, fat side up, in hotel pans or roasting pan. Whisk together broth, 2 cups reserved pear juice, coconut aminos (or soy sauce), and garlic and onion powders. Pour mixture over pork loins, cover pan with aluminum foil, and cook 3-½ to 4 hours.

Prepare the slaw while the pork is cooking. Combine vinegar, mustard, pear juice, salt, and red pepper flakes. Add slaw to the bowl and pour dressing over top. Stir to combine and refrigerate until ready to assemble wraps. (Slaw will keep up to 4 days, but will become increasingly spicy each day.) Add 2 cups reserved drained pears to slaw just before assembling the wraps.

When the pork is ready, use two forks to shred it and then add back to the cooking liquid for at least 15 minutes to moisten.

To assemble the wraps, place 3 ounces (about ½ cup) pork in the center of each tortilla. Top with 2 tablespoons shredded cheese and ¼ cup slaw. Fold up like a burrito and place each wrap, seam side down, in a preheated pan or panini press. Toast 1 to 2 minutes per side, cut in half and serve immediately.

Servings

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Nutrition

Calories: 444
Total Fat: 16 g
Saturated Fat: 7 g
Cholesterol: 79 mg
Sodium: 629 mg
Carbohydrate: 32 g
Fiber: 5 g
Sugar: 5 g
Protein: 33 g
Calcium: 252 mg
Iron: 3 mg

