Dinner Tonight!

Pulled Pork Burritos

1 boneless pork tenderloin roast
1 teaspoon southwest seasoning or one of your choice
3 cups prepared chunky mild salsa, divided
10 flour tortillas
1 cup low-fat cheddar cheese
1 Tablespoon fresh cilantro leaves, snipped or chopped

Rub seasoning of your choice on both sides of pork roast. Put in slow cooker. Pour 3 cups salsa over pork; cover. Cook for 4-6 hours on high or 6-8 hours on low. USDA states that pork can be safely cooked to medium rare at a final internal cooked temperature of 145 degrees as verified by food thermometer.

After checking for 145 degree temperature, using two forks, shred pork. It should be very tender. Meanwhile, wrap tortillas in aluminum foil; heat in a 350 degree oven for 20 minutes or until heated through and through. (You could also microwave tortillas in a covered container for about a minute to warm.) Spoon pork mixture onto center of each tortilla; top with additional salsa, cheese and cilantro. Broil 1 minute or until cheese is bubbly. Roll up like a burrito to eat.

Serves: 10 (1 burrito counts as a serving)
Cost Per Serving: $1.50

Nutrition facts per serving:
Calories: 194
Total fat: 4 g
  Saturated fat: 2 g
  Trans fat: 0 g
Cholesterol: 47 mg
Sodium: 770 mg
Total Carbohydrate: 19 g
  Dietary fiber: 3 g
  Sugars: 4 g
Protein: 22 g