

# Green Chili Pork Taco

## Ingredients

- 1 tbsp onions, chopped
- 1 tbsp garlic, minced
- 1/2 tsp vegetable oil
- 2 tbsp salsa verde
- 1 tbsp green chili peppers
- 10 oz pork shreds
- 1/8 tsp chicken base, low sodium
- 1/2 cup water
- 1 tbsp cilantro, chopped
- 1-1/2 tsp lime juice
- 1 tbsp sour cream, fat free
- 8 taco shells, unsalted

## Notes

**Number of Portions:** 4

**Serving Size:** 2 each

**Nutrition Facts:** 219 calories, 8.72 g fat, 1.83 g saturated fat, 297 mg sodium, 19.41 g carbohydrate, 2.24 g fiber, 0.4 g sugar, 15.02 g protein

## Directions

1. In a large pot over medium heat, sauté onions and garlic in oil for 45 seconds or until garlic turns slightly brown.
2. Add salsa, chilies, pork, chicken base, and water to pot and let simmer for 25 minutes. Internal temperature must reach 165° F.
3. Finish by stirring in cilantro, lime juice, and sour cream.
4. To serve, place 1/4 cup of pork mixture into each taco shell. Serve 2 tacos per portion.

