

### ***SLOW-COOKER PINEAPPLE CARNITAS***

(inspired by [The Well Plated Cookbook](#))

- 3 pounds country style pork ribs
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- ½ teaspoon red pepper flakes
- 1 (8-ounce) can crushed pineapple in 100% juice, left undrained
- 2 tablespoons white vinegar
- 1 tablespoon Worcestershire sauce

Lightly coat a 6-quart or larger slow cooker with nonstick spray. Season the pork with the salt and black pepper and add to the slow-cooker. Stir together the chili powder, cumin, oregano, and red pepper flakes. In a separate bowl, stir together the pineapple with its juice, vinegar, and Worcestershire sauce. Sprinkle the dry spice mixture over the pork, rubbing to try and coat evenly. Pour the pineapple mixture over the top. Cover and cook on low for 6 to 7 hours, until the meat is tender.

Place a rack in the upper third of your oven and heat the oven to broil. Line a large, rimmed baking sheet with aluminum foil and coat the foil with nonstick spray. Shred the pork while it is still inside the slow cooker, stir the pieces to coat with the sauce, then place over the prepared baking sheet. Broil until the edges of the meat begin to crisp up and turn brown.