

Taste of Home



Quick Tacos al Pastor

🕒 Total Time Prep/Total Time: 25 Min.

★★★★☆

👍 Test Kitchen Approved

We loved the pork and pineapple tacos from a food truck in Hawaii. My husband, a high school football referee, gives my version a thumbs-up. —Lori McLain, Denton, Texas

Ingredients

- 1 package (15 ounces) refrigerated cooked pork roast au jus
- 1 cup well-drained unsweetened pineapple chunks, divided
- 1 tablespoon canola oil
- 1/2 cup enchilada sauce
- 8 corn tortillas (6 inches), warmed
- 1/2 cup finely chopped onion
- 1/4 cup chopped fresh cilantro
- Optional ingredients: Crumbled queso fresco, salsa verde and lime wedges

Directions

- 1** Coarsely shred pork, reserving juices. In a small bowl, crush half the pineapple with a fork.
- 2** In a large nonstick skillet, heat oil over medium-high heat. Add whole pineapple chunks; cook until lightly browned, 2-3 minutes, turning occasionally. Remove from pan.
- 3** Add enchilada sauce and crushed pineapple to same skillet; stir in pork and reserved juices. Cook over medium-high heat until liquid is evaporated, 4-6 minutes, stirring occasionally.
- 4** Serve in tortillas with pineapple chunks, onion and cilantro. If desired, top with queso fresco and salsa, and serve with lime wedges.

Nutrition Facts

2 tacos: 317 calories, 11g fat (3g saturated fat), 57mg cholesterol, 573mg sodium, 36g carbohydrate (12g sugars, 5g fiber), 24g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.

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RECIPE CREATOR

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