



Ashley's Meal Prep Monday!



Instant Pot Kalua Pork

INGREDIENTS

3 pounds pork
shoulder roast
(butt roast works
too)

8 cloves garlic
3 TSP sea salt
1 TBSP liquid
smoke

Place all ingredients in instant pot. To speed up cooking time, use smaller pieces. I cut my roast into 3 large chunks.

Add about 2 cups of water - hot water if you want to come to pressure quicker. Lock on the lid and set the 'manual' time to 80 minutes.

Once time is up, hit 'cancel,' and do a quick release and remove the lid. Hit the 'saute' feature to simmer the soupy pork down a bit.

Simmer away until most of the liquid is gone, stirring occasionally. Pork should be shredding easily while you stir.

Enjoy with coleslaw and baked beans, make sliders, throw on top of a salad or even tacos!!

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MARKET



Recipe: www.tessadomesticdiva.com