

# CARNITAS OVER SWEET POTATO MASH

**SIDE ITEM:** Pico de gallo

1. Thaw your meal enough to pop out of the freezer containers.
2. Add contents of container 1 & 1 cup water to IP.
3. Set IP for high, 90 minutes. Once cook cycle is up, allow pressure to naturally release for 10-15 minutes before releasing remaining pressure.
4. Once pressure is released, remove meat and shred; mix in about 1/2 cup of the cooking juices (reserving rest in the pot). Spread meat on a cookie sheet and broil for 6-8 minutes, until ends get crispy.
5. Add container 2's contents into cooking juices in pot. Cook sweet potatoes for 15 minutes and quick release the pressure once cook cycle is up.
6. While container 2 cooks, chop tomatoes, cilantro, and onion and combine. Garnish with lime juice and salt and stir well.
7. Once cook cycle is up, mash sweet potatoes. Serve topped with carnitas and garnished with pico.

## **NEEDED FOR SERVE DAY:**

6 roma tomatoes  
1 cup cilantro  
1/4 large red onion  
juice of 2 limes  
1 tbsp salt

**PREP TIME:** 140-150 mins **SERVES:** 6-8