

# Breakfast Burrito Filling



**CALORIES**  
270 per serving

**PROTEINS**  
33g per serving

**FATS**  
33g per serving

**CARBS**  
6g per serving

## INGREDIENTS

- 2 serving garlic clove, minced
- 1/4 teaspoons (5 ml) cayenne pepper
- 1/2 teaspoons (5 ml) chipotle, ground
- 1 serving jalapeno pepper
- 1 serving onion, small
- 12 oz (283g) Rotel diced tomatoes and green chilies
- 1 1/2 pounds (113g) pork, lean boneless

## METHOD

1. Cube pork into bite size pieces.
2. Dice onion and jalapeno (be sure to remove seeds).
3. Place all ingredients into a 2 litre slow cooker.
4. Stir and cook on low for 8 hours.
5. Stir well before serving.

**SERVES: 4**

**PREP TIME:**  
10 minutes

**COOKING TIME:**  
8 hours

