

Arepas Filled with Carnitas and Guasacaca

Yield: 12 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/true-mexican-carnitas-recipe>

Ingredients:

- 2 cups cornmeal harina PAN, pre-cooked
- 2 1/2 cups hot water
- 3 tablespoons vegetable oil plus extra for brushing and cooking
- 3/4 teaspoon salt
- 1 avocado large, peeled, pitted and quartered
- 1/2 sweet onion small, peeled and quartered
- 2 cloves garlic chopped
- 2 seeded serranos, halved and
- 2 tablespoons white wine vinegar
- 1 lime juiced
- 1 bunch cilantro stemmed
- 2 tablespoons vegetable oil
- pepper
- salt
- 6 cups carnitas shredded
- 1/2 cup cheese cotija, crumbled

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 250 milligrams
9. Sugar: 2 grams

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