

Crock-pot Red Pork Tamale Filling

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-tamale-recipe-new-mexican>

Ingredients:

- 3 1/2 pounds boneless pork shoulder or Boston butt, cut into 3-inch chunks and trimmed
- 1 white onion medium, roughly chopped
- 6 cloves garlic lightly smashed and peeled
- 4 bay leaves dried, toasted
- 3 sprigs fresh thyme
- 1 tablespoon Mexican oregano
- 30 red chiles dried, : guajillo, New Mexico Big Jim and/or Ancho - they all work well
- 1/2 teaspoon kosher salt
- black peppercorns

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 240 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 93 grams
7. SaturatedFat: 4 grams
8. Sodium: 520 milligrams
9. Sugar: 1 grams

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