



A Nutrition Resource

STREET TACOS WITH CABBAGE SLAW

Pressure Cooker Recipe

Yield: 8 Servings | Serving Size: 1 Taco

Cost/ serving: \$1.12

Ingredients:

2-pounds chicken breasts or thighs (or pork roast cut into chunks)
1 cup green salsa, mild or spicy
1/2 medium size head of cabbage
1/2 bunch each of cilantro and/ or green onions
Juice from one lime (about 2 tablespoons)
1 Teaspoons cumin powder
Salt and pepper to taste
Corn tortillas to serve "Street Taco" size (2-4 inches)

Directions:

- 1) Place meat and salsa in pressure cooker and turn over the meat until fully coated.
- 2) Put the lid on the pressure cooker and set to pressure cook for 20 minutes (or 25 minutes if the meat is frozen).
- 3) While the meat cooks, shred the cabbage by cutting out the core and slicing the cabbage as thinly as possible to make about 4 cups of shredded cabbage in a large bowl.
- 4) Finely chop the cilantro and/or green onions and mix with cabbage.
- 5) In a small bowl, combine the oil, lime juice, cumin, salt and pepper until well mixed. Then drizzle it over the cabbage mixture and mix well.

Nutrition Facts

8 servings per container

Serving size

1 taco

Amount per serving

Calories

133

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 11mg **4%**

Sodium 217mg **9%**

Total Carbohydrate 17g **7%**

Dietary Fiber 4g **15%**

Total Sugars 3g

Includes Added Sugars

Protein 7g

Vit. D 0% • Calcium 3%

Iron 2% • Potas. 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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6) Toast corn tortillas in a slightly oiled skillet over medium heat until warmed and softened. Stack together to keep warm.

7) Once the cooking time is complete, release the pressure or let pressure naturally release and then remove the meat to a cutting board or wide bowl piece by piece to pull apart with two forks. Return meat to pressure cooker to soak in the juices.

8) Combine pulled meat and slaw on a corn tortilla to serve.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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