

Indian-style pulled pork sammies w/ cilantro-slaw /

for the pulled pork /

1 Tbsp avocado oil
2-2.5 lbs. pork loin center roast, cubed
1 yellow onion, quartered
2 tomatoes
2 Tbsp hot curry powder
2 Tbsp tomato paste
1 ½ cups mushroom stock
1 tsp. sea salt
1/3 lemon (peel & all)
1 Tbsp ground mustard
2 bay leaves

gluten-free hamburger buns (if desired)

Set your pressure cooker over medium-high heat and warm up the oil. Add the cubed pork and brown, seasoning with salt. Add the remaining ingredients, stir and seal the pot to lock it.

Once the valve pops, reduce heat to medium-low and cook for 45 minutes.

Remove from heat and let pressure come down before releasing. Remove the lemon peel and bay leaves before pulling pork apart with a fork.

for the cilantro-slaw /

2 cups shredded cabbage
1 cup grated carrots
2 cups coarsely chopped cilantro
4 Tbsp extra virgin olive oil
4 Tbsp freshly squeezed lime juice
1 tsp. sea salt
1 tsp. ground pepper

Remove outer leaves of cabbage, cut in half to extract the center stem, and shred as much cabbage as needed. Grate the carrots and mix together with shredded cabbage and chopped cilantro.

Whisk the remaining ingredients together and then add to mixture; toss to coat and serve as a side to the pulled pork sandwiches, or serve on top of pork inside the sandwich.



This slaw is fabulous for digestive tract and cardiovascular support. Cilantro is a phytonutrient-dense herb, rich in many nutrients too. It's a great source of fiber, iron, magnesium and manganese. Cabbage

is known for its cholesterol lowering benefits, it's high in vitamins K, C, vitamin B6, and is a standout anti-inflammatory food due to its high content of anthocyanins and glucosinolates.



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