



# LIVE AND LEARN FAMILY NEWS JANUARY 29, 2018



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## Reminders!



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# Gerry's Kitchen

**\*\*\*Get your Superbowl food ideas here\*\*\***

## ***Slow-Cooker Pulled Pork Tacos***



### **Ingredients:**

- ♥ 1 TBSP. Ground Cumin
- ♥ 1 tsp. Chili Powder
- ♥ 1 tsp. Paprika
- ♥ 1 TBSP. Kosher Salt
- ♥ 1 tsp. Garlic Powder
- ♥ 1 tsp. Onion Powder
- ♥ 1 tsp. Dried Oregano
- ♥ One 3 1/2 to 4 Pound Pork Shoulder, rinsed and patted dry
  - ♥ One 16-ounce jar mild Salsa
- ♥ 1 package small Corn or Flour Tortillas

### **Directions:**

1. In a small bowl, combine the cumin, garlic powder, chili powder, onion powder, paprika, oregano, and salt.
2. Place the pork shoulder in the slow cooker and rub it all over with the seasoning mixture.
3. Pour the salsa around the pork shoulder.
4. Cook on low heat for 8 to 12 hours, until the meat comes apart easily when pulled with two forks.

## ***Cinnamon-Honey Popcorn***

### **Ingredients:**

- ♥ 1 TBSP. Vegetable or Canola Oil
- ♥ 1/2 Cup Unpopped Popcorn
  - ♥ 1 TBSP. Honey
  - ♥ 1/2 tsp. Ground Cinnamon



### **Directions:**

1. Heat a large, heavy pot with a lid and handle over medium-high heat and coat the bottom with oil.
2. Place the popcorn inside the pot, close the lid, and shake the pot continuously until you no longer hear the corn popping, 4 to 5 minutes.
3. Remove the pot from the heat and drizzle the popcorn with the honey. Sprinkle with the cinnamon and toss to coat evenly.
4. Serve immediately.