

Carnitas Stew

January 4th, 2026

This recipe serves: 8

Prep Time: 00:30

Cook Time: 01:30

This Latino inspired meal integrates traditional Latino flavors into a non-traditional stew. Carnita Meat comes from the Pork Shoulder Roast, cut into 1 or 2 inch cubes. Mojo Marinade Sauce and Naranja Agria (Bitter Orange juice) should be available from any Latino Grocery Store. Mojo Marinade Sauce starts with Bitter Orange Juice, then adds lime juice, soy sauce, Garlic, and other spices. And for clarification, Bitter Oranges are not the same as Sour Oranges. Pork and potatoes are cooked in the Instant Pot, to ensure they are tender. The vegetables are stir fried and added to the stew later so that you don't end up with overcooked vegetables. If you do not have a large instant pot, 25 minutes in an Instant Pot can be replaced with about 6 hours in a slow cooker, or 4 or 5 hours in a covered pot on the stovetop, at a low simmer.

Ingredients:

- 1 lb Carnita Meat
- 1 Tablespoon Achiote Rub
- 1 lb Potatoes
- 1/2 Cup Naranja Agria
- 1/2 Cup Mojo Marinade Sauce
- 4 Cups Chicken or Vegetable Stock
- 1 Can (15 ounces) Red Beans
- 1 Can (15 ounces) Hominy
- 1 Teaspoon Olive Oil
- 2 Red Bell Pepper
- 2 Zucchini Squash
- 1 Yellow Squash
- 1 Teaspoon Smoked Paprika
- 5 Cloves Garlic - Minced
- 1 White Onion
- 6 Ounces Roasted Chopped Hatch Green Chile Peppers (I use frozen peppers)
- 1 Teaspoon Oregano
- 1 Ounce Cilantro

Directions:

Cut the Pork into 1 inch cubes. Cover with Achiote rub.

Refrigerated for 2 or 3 days.

Warm the Pork to room temperature and then brown in a large frying pan.

The Pork does not need to be cooked all the way through yet. Move it to large Instant Pot.

Rinse the Red Beans and add them to the Instant Pot.

Drain the Hominy and add to the Instant Pot.

Add the Mojo Sauce, Naranja Agria, and the Chicken Stock to the Instant Pot.

Wash the Potatoes and cut into large bite-sized cubes.

Add the Potato Cubes into the Instant Pot.

Set the Instant Pot on high for 25 minutes.

Seal and cook. At the end of the cooking cycle, allow the pressure to release naturally.

Meanwhile, cut the Onion in half. Take 1/2 of the Onion and cut into 1/2" squares and reserve for later.

Cut each Red Bell Pepper into eight pieces lengthwise, then cut cross-wise 3 more times and reserve for later with the Onion.

Cut the Zucchini into large bite-sized cubes.

Cut the Yellow Squash into large bite-sized cubes.

Heat a large frying pan over medium high heat. Heat the Olive Oil. Add the Onion and begin to sweat it. Add the Smoked Paprika, minced Garlic, Red Bell Pepper. Add the Zucchini and the Yellow Squash.

Stir well and continue to cook until tender. Do not overcook.

Finely chop the other half of the Onion and reserve for a garnish.

Finely chop the Cilantro and reserve for a garnish.

When the Instant Pot has released the pressure, stir in the Cooked Vegetables.

Add the Hot Green Peppers and the Oregano. Mix together well and switch the Instant Pot to the Slow Cooker mode.

Serve the Stew with a garnish of chopped fresh Onion and chopped fresh Cilantro.