

Mojo Pulled Pork

This delectable pulled pork recipe features tender, precooked pork enhanced with zesty orange peel, vibrant fresh juices, and a blend of natural spices, all baked to perfection for a burst of flavor.

CACFP Crediting Information:

2 oz (1/4 cup spoodle) provides 2 oz eq meat/meat alternate.



Preparation Time: 15 minutes

Cooking Time: 15 minutes

Makes: 6 servings

Ingredients

Pan-release spray

13 oz pork, pre-cooked, pulled

2 cloves garlic, fresh, chopped

3/4 tsp oregano, dried

3/4 tsp orange zest

1/4 tsp ground black pepper

1/4 tsp salt

1/4 tsp ground cumin

1/4 tsp chili powder

1/4 tsp ground cinnamon

1/4 tsp dried red chili flakes

1/4 tsp onion powder

3/8 cup chicken broth, low-sodium

2 Tbsp orange juice

1 Tbsp lime juice

1 1/2 tsp lemon juice

Directions

- 1** Preheat oven to:
Conventional 350 °F.
Convection 325 °F.
- 2** Spray large baking pan (9" x 13") with a pan release spray. Add the pork and break apart and spread evenly.
- 3** In a small mixing bowl, combine the chopped garlic, oregano, orange zest, black pepper, salt, cumin, chili powder, cinnamon, red chili flakes, and onion powder. Stir until well combined.
- 4** Add chicken broth, orange, lime, and lemon juices to the spice mix. Stir and pour marinade over pulled pork and toss until evenly coated.
- 5** Cover pan, sealing tightly, and place pork into a hot oven to bake.
- 6** Bake pork at 350 °F for 15 minutes.
Critical Control Point:
Heat to 165 °F or higher.
Hold for hot service at 135 °F or higher.
- 7** Using a 1/4 cup spoodle, serve 2 ounces of pork. See serving suggestions in notes.

NUTRITION INFORMATION

¼ cup, 2 oz serving

NUTRIENTS	AMOUNT
Calories	109
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	39 mg
Sodium	325 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars	0 g
Protein	12 g
Vitamin A	0 RAE
Vitamin C	3 mg
Calcium	9 mg
Iron	0 mg

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

Serve with yellow rice or whole grain tortillas.

Source:
USDA Standardized Recipe Project — 2025