












Make Meals Landfill Free

Climate Conscience Carnitas (Chicken Edition)

Prep Time: 15 minutes Total Time: 4 hours, 15 minutes Yield: 4 - 6 servings

The Goods

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|  6 bone-in chicken thighs, skin removed |  2 teaspoons smoked paprika |  7 cloves garlic, chopped |
|  2 oranges, halved |  1/4 cup brown sugar |  1 very large white onion, thinly sliced |
|  1 lime, halved |  1 teaspoon Mexican oregano (can substitute regular) |  1/4 cup chicken broth or stock |
|  3 1/2 teaspoons ground cumin |  2 teaspoons salt | |

The Make-It-Landfill-Free Steps

-  While prepping ingredients, toss scraps into the sink (including those citrus peels).
-  Juice the oranges and lime, adding the liquids to the slow cooker.
-  Stir together the cumin, paprika, sugar, oregano and salt and sprinkle on both sides of the chicken.
-  Add chicken to the slow cooker. Cover with garlic, onions and chicken broth.
-  Close and cook on high for 4 hours, checking every hour or so.
-  Remove the thighs from the slow cooker. Shred meat and return to slow cooker. Place the bones in the sink.



Yes, you saw that right!

InSinkErator disposals can handle grinding chicken bones like it's nothing!

Grind those scraps!

- Turn on the cold water. Then start your InSinkErator disposal.
- Push chicken bones into the disposal. Then gradually feed in the rest of the food scraps. Add citrus peels last to leave the sink smelling fresh.
- Once you hear the disposal change sound, turn off your InSinkErator disposal and let the faucet run for a few seconds before turning off.

Enjoy!



Serve on warmed corn tortillas with cilantro, onion, guacamole and a squeeze of lime.

The Above and Beyond

Savor it all over again, reprised.

Use leftover carnitas in quesadillas, on tortilla chips for nachos, in taco salad or make Baja bowls. For bowls, top white or brown rice with leftover chicken, seasoned black beans, salsa, guacamole and shredded or crumbled tortilla chips.

