

Banana Peel Carnitas

Use yellow bananas with green-ish tips for this recipe. Overripe bananas are not a good option. Save those for banana bread (yes, you can add the skin).

★★★★★ 4.91 from 10 votes



PREP TIME

15 mins



COOK TIME

30 mins



SERVINGS

2

INGREDIENTS

- 6 banana peels
- 2 tbsp grapeseed oil
- 1/2 yellow onion diced
- 2 cloves garlic minced
- 1 jalapeño pepper seeded & minced
- 1 tbsp dried oregano
- 2 tsp ground cumin
- 1 tsp freshly ground black pepper
- 1/4 cup orange juice from 1 fresh orange
- 1-2 tbsp fresh lime juice
- 1 tbsp soy sauce or liquid aminos

INSTRUCTIONS

1. Remove both ends—the stem and the bottom—from the banana.
2. Use a spoon to scoop the fibrous flesh from the inner part of each banana peel.
3. Use a fork to shred the peel into long strips.
4. Warm a large pot over medium heat, and add oil. Once the oil is warm add the onions, garlic, and jalapeño pepper. Sauté until onions are soft.
5. Add the banana peel, followed by the oregano, cumin, sea salt, and pepper. Stir well.
6. Squeeze the orange into the pot (being careful to catch any seeds), along with soy sauce then stir again.
7. Bring to a simmer on medium-low heat, and cover the pot. Cook for about 30 minutes, or until the banana peels are tender and tasty. Season to taste with more soy sauce or sea salt if needed.



Tried this recipe?
Let us know how it was!

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