

Crock Pot Shredded Beef Enchilada Casserole

Yield: 6 min
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-shredded-beef-enchilada-recipe>

Ingredients:

- 2 pounds rump roast beef, cut into pieces
- 10 ounces red enchilada sauce can
- 1/2 cup salsa
- 4 ounces green chilies
- 2 teaspoons minced garlic
- 1/2 onion diced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon pepper
- 1 cup beef broth
- 10 corn tortillas cut into quarters
- 3 cups colby jack cheese

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 150 milligrams
4. Fat: 41 grams
5. Fiber: 5 grams
6. Protein: 52 grams
7. SaturatedFat: 21 grams
8. Sodium: 1170 milligrams
9. Sugar: 6 grams

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