

Firehouse Machaca Taco Filling

Yield: 5 min
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-taco-filling-recipe>

Ingredients:

- 2 quarts water
- 3 pounds beef chuck
- 1 onion small, quartered
- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 cup salsa green
- 1/4 cup chopped fresh cilantro
- 1 tablespoon jalapeno pepper chopped

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 180 milligrams
4. Fat: 54 grams
5. Fiber: 2 grams
6. Protein: 53 grams
7. SaturatedFat: 19 grams
8. Sodium: 500 milligrams
9. Sugar: 4 grams

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