

Mexican Shredded Beef

Yield: 8 min
Total Time: 210 min

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

Ingredients:

- 1/2 onion large, peeled and cut into large slices
- 1/2 red bell pepper large, seeded and cut into large slices
- 1 tablespoon tomato paste
- 1 tablespoon agave nectar or honey
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin dried
- 1/2 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 1/2 teaspoons ground coriander
- 1 teaspoon rocket Fuel, or your favorite hot sauce
- 1/2 teaspoon Sriracha chili sauce
- 2 1/2 pounds chuck roast
- 1 cup beef stock

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 95 milligrams
4. Fat: 26 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 10 grams
8. Sodium: 170 milligrams
9. Sugar: 1 grams

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