

# Mexican Pot Roast

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-new-mexican-pot-roast>

## Ingredients:

- 5 peppers Guajillo, dried
- 1 cup water
- 3 cloves garlic peeled
- 1 1/2 teaspoons Mexican oregano
- 1/8 teaspoon canela ground
- 1/2 teaspoon cumin
- 28 ounces chopped tomatoes undrained
- salt
- pepper
- 4 whole poblano peppers roasted and some skin removed
- 2 1/2 pounds chuck roast cut into large chunks
- 1/4 cup vegetable oil

## Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 185 milligrams
4. Fat: 65 grams
5. Fiber: 3 grams
6. Protein: 56 grams
7. SaturatedFat: 21 grams
8. Sodium: 390 milligrams
9. Sugar: 6 grams

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