

Slow Cooker Carne Picada

Yield: 8 min

Total Time: 195 min

Recipe from: <https://www.recipeschoose.com/recipes/carne-picada-southern-recipe>

Ingredients:

- 2 pounds beef Certified Angus, ® bottom round roast, cut in ½-inch cubes
- 3 tablespoons all purpose flour
- 1 tablespoon chili powder
- 1 teaspoon coarse kosher salt
- 1/2 teaspoon cracked pepper fresh
- 1/2 teaspoon ground cumin
- 3 tablespoons vegetable oil
- 20 ounces diced tomatoes with green chili

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 75 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 7 grams
8. Sodium: 390 milligrams
9. Sugar: 2 grams
10. TransFat: 1.5 grams

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