

Slow Cooker Beef Short Rib Tacos

Yield: 8 min
Total Time: 305 min

Recipe from: <https://www.recipeschoose.com/recipes/crockpot-mexican-short-ribs-recipe>

Ingredients:

- 2 tablespoons olive oil
- 2 pounds beef short ribs
- 1 onion large, diced
- 1 bell pepper large, diced
- 2 tablespoons garlic powder
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 teaspoon cayenne pepper
- 8 ounces beef stock or beer, lager

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 85 milligrams
4. Fat: 45 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 19 grams
8. Sodium: 125 milligrams
9. Sugar: 1 grams

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