

# Slow Cooker Mexican Brisket

Yield: 7 min  
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-beef-brisket-slow-cooker-recipe>

## Ingredients:

- 3 pounds beef brisket
- 1/2 cup beef broth
- 1 small yellow onion largely chopped
- 1 poblano chile seeded and chopped
- 5 cloves garlic minced
- 1/2 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 2 stems cilantro leaves
- 2 bay leaves

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 120 milligrams
4. Fat: 14 grams
5. Protein: 41 grams
6. SaturatedFat: 6 grams
7. Sodium: 380 milligrams

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