

Slow Cooker Mexican Roast

Yield: 6 min
Total Time: 310 min

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

Ingredients:

- 3 pounds chuck roast
- 2 teaspoons EVOO
- 1 cup enchilada sauce
- 15 ounces black beans drained & rinsed
- 15 ounces corn drained & rinsed
- 4 ounces diced green chilies
- 1 bell pepper sliced
- 1 onion sliced
- 1 jalapeño sliced
- 1/4 cup fresh cilantro
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons cumin
- 1 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon red pepper flakes

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 150 milligrams
4. Fat: 43 grams
5. Fiber: 9 grams
6. Protein: 51 grams
7. SaturatedFat: 16 grams
8. Sodium: 1440 milligrams
9. Sugar: 6 grams

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