

Mexican Shredded Beef (Tacos)

Yield: 4 min
Total Time: 510 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-shredded-beef-tacos-recipe>

Ingredients:

- 3 pounds chuck roast
- 1 tablespoon cooking oil
- 3 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 teaspoons smoked paprika
- 1/2 teaspoon ground cayenne
- 1 teaspoon dried Mexican oregano
- 1/2 white onion quartered
- 4 cloves garlic smashed
- 3 cups beef broth unsalted
- 2 bayleaves

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 225 milligrams
4. Fat: 65 grams
5. Fiber: 1 grams
6. Protein: 67 grams
7. SaturatedFat: 24 grams
8. Sodium: 2570 milligrams
9. Sugar: 1 grams

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