

# Charley's Slow Cooker Mexican Style Meat

Yield: 12 min  
Total Time: 530 min

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

## Ingredients:

- 4 pounds chuck roast
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 onions large, chopped
- 1 1/4 cups chile pepper diced green
- 1 teaspoon chili powder
- 1 teaspoon ground cayenne pepper
- 5 ounces hot pepper sauce
- 1 teaspoon garlic powder

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 105 milligrams
4. Fat: 30 grams
5. Protein: 30 grams
6. SaturatedFat: 11 grams
7. Sodium: 660 milligrams
8. Sugar: 1 grams

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