

# Mexican Shredded Beef (Machaca)

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-machaca-recipe>

## Ingredients:

- 2 pounds boneless beef chuck roast
- 1 onion large, sliced
- 1/2 cup green chilies canned roasted, or roasted poblano peppers, chopped
- 1 cup beef broth
- 1 tablespoon minced garlic
- 1 teaspoon adobo seasoning seasoned, or seasoned salt
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 150 milligrams
4. Fat: 41 grams
5. Fiber: 1 grams
6. Protein: 44 grams
7. SaturatedFat: 16 grams
8. Sodium: 360 milligrams
9. Sugar: 1 grams

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