

Shredded Mexican Beef

Yield: 7 min
Total Time: 70 min

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

Ingredients:

- 3 pounds boneless beef chuck roast
- 7 ounces diced green chiles
- 2 cloves garlic minced
- 2 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- fresh ground black pepper to taste

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 130 milligrams
4. Fat: 35 grams
5. Fiber: 1 grams
6. Protein: 38 grams
7. SaturatedFat: 14 grams
8. Sodium: 420 milligrams

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