

# Slow Cooker Mexican Shredded Beef

Yield: 4 min  
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-roasted-mexican-beef-recipe>

## Ingredients:

- 2 1/2 pounds beef chuck roast
- sea salt
- black pepper
- 1/2 yellow onion medium, diced
- 1 jalapeno medium, thinly sliced
- 1 1/2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon chipotle powder
- 1 teaspoon Mexican oregano dried
- 10 ounces tomatoes with green chilies
- 1 cup beef stock
- 1 tablespoon fresh lime juice
- 1/3 cup fresh cilantro chopped
- 2 limes large, cut into 8 wedges each

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 185 milligrams
4. Fat: 51 grams
5. Fiber: 4 grams
6. Protein: 57 grams
7. SaturatedFat: 20 grams
8. Sodium: 500 milligrams
9. Sugar: 5 grams

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