

Pressure Cooker Shredded Beef

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/steam-chicken-recipe-pakistani-in-urdu>

Ingredients:

- 3 pounds beef roast cut in half
- 1/2 onion
- 1 bell pepper
- 1 teaspoon adobo seasoning
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1 cup chicken broth, or beef
- 2 tablespoons olive oil

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 215 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 88 grams
7. SaturatedFat: 6 grams
8. Sodium: 3600 milligrams
9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Pressure Cooker Shredded Beef above. You can see more 19 steam chicken recipe pakistani in urdu Discover culinary perfection! to get more great cooking ideas.