



Big Ben's Beef Machaca

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beef broth
- 4 pound beef chuck boneless trimmed cut into 8 servings
- 14 ounce canned tomatoes diced undrained canned
- 1 teaspoon chili powder
- 4 cloves garlic minced
- 0.5 bell pepper diced green
- 1 tablespoon ground cumin
- 0.5 teaspoon ground pepper black

- 1 jalapeno minced seeded
- 2 juice of lime juiced
- 0.5 cup olive oil
- 1 tablespoon oregano dried
- 0.5 teaspoon salt to taste
- 1 large onion diced sweet
- 0.3 cup worcestershire sauce

Equipment

- bowl
- slow cooker
- tongs
- cutting board

Directions

- Place beef portions into the crock of a large slow cooker.
- Mix olive oil, Worcestershire sauce, lime juice together in a bowl; pour over the beef.
- Add diced tomatoes, sweet onion, green bell pepper, garlic, jalapeno pepper, beef broth, oregano, cumin, chili powder, salt, and black pepper to the slow cooker.
- Cook on High for 1 hour. Change setting to Low and continue cooking until the beef is tender, about 6 1/2 hours.
- Remove beef with tongs to a cutting board. Shred with a pair of forks and return to the slow cooker. Continue cooking another 20 to 30 minutes.

Nutrition Facts

 **PROTEIN 37.12%**  **FAT 53.9%**  **CARBS 8.98%**

Properties

Glycemic Index:19, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:29.076086904692%

Flavonoids

