



Mexican Meat Mix

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound roasted boneless trimmed
- ☐ 4 ounce chiles green chopped canned
- ☐ 2.5 pound chuck roast boneless trimmed
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 3 onions chopped
- ☐ 16 ounce mild salsa green

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water

Equipment

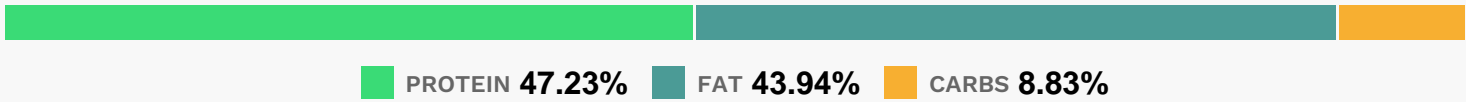
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ pressure cooker

Directions

- ☐ Place roasts and 1 cup water in a 6-quart pressure cooker.
- ☐ Cover cooker with lid, and seal securely; place pressure control over vent and tube. Cook over high heat 8 to 10 minutes or until pressure control rocks quickly back and forth. Reduce heat to medium-low, and cook 40 minutes. (Pressure control will rock occasionally.)
- ☐ Remove from heat; run cold water over cooker to reduce pressure. Carefully remove lid so that steam escapes away from you.
- ☐ Drain meat, reserving juice.
- ☐ Pour juice into a fat strainer; let stand until fat rises to top. Reserve juice; discard fat. Cool meat slightly, and shred.
- ☐ Saut onion and green chiles in hot oil in the cooker for 1 minute. Stir in green salsa and next 4 ingredients. Cook 1 minute over medium-low heat. Stir in reserved meat juice and shredded meat. Cook 5 minutes or until thickened.
- ☐ Serve on kaiser rolls with green salsa, if desired.
- ☐ Pour vegetable oil to a depth of 2 inches in a large skillet; heat to 37
- ☐ Soften 30 corn tortillas, 1 at a time by dipping in hot oil for 2 seconds.
- ☐ Drain on paper towels.
- ☐ Place 1 tablespoon Mexican Meat
- ☐ Mix on bottom half of each tortilla, roll tightly. Cook, seam side down, in hot oil 2 minutes on each side or until golden.

☐ Drain on paper towel.

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:2.68, Inflammation Score:-6, Nutrition Score:28.097826397937%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 461.22kcal (23.06%), Fat: 22.03g (33.9%), Saturated Fat: 8.18g (51.15%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9g (3.27%), Sugar: 4.72g (5.25%), Cholesterol: 166.32mg (55.44%), Sodium: 837.85mg (36.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.28g (106.57%), Selenium: 62.29µg (88.98%), Zinc: 11.86mg (79.05%), Vitamin B6: 1.5mg (74.84%), Vitamin B12: 4.08µg (68.04%), Vitamin B3: 13.02mg (65.12%), Phosphorus: 538.85mg (53.89%), Vitamin B1: 0.69mg (45.9%), Potassium: 1068.36mg (30.52%), Vitamin B2: 0.45mg (26.47%), Iron: 3.86mg (21.45%), Vitamin B5: 1.78mg (17.84%), Magnesium: 62.78mg (15.7%), Vitamin C: 8.96mg (10.86%), Copper: 0.18mg (8.8%), Vitamin A: 350.81IU (7.02%), Folate: 23.97µg (5.99%), Manganese: 0.1mg (5.06%), Vitamin K: 4.84µg (4.61%), Calcium: 44.29mg (4.43%), Vitamin D: 0.63µg (4.2%), Fiber: 0.96g (3.85%), Vitamin E: 0.54mg (3.63%)