



HEALTH SCORE

100%

Mexican Pot Roast Tacos



Gluten Free



Dairy Free



Very Healthy

READY IN



225 min.

SERVINGS



6

CALORIES



1059 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ancho chile powder
- 6 avocados ripe
- 3 bay leaves
- 2 pounds beef shoulder
- 6 servings pepper black freshly ground
- 28 ounce canned tomatoes crushed canned (recommended: San Marzano)
- 28 ounce canned tomatoes whole drained canned (recommended: San Marzano)
- 1 tablespoon cayenne pepper

- 0.5 cup cilantro leaves chopped
- 6 medium corn tortillas fresh
- 1 handful cilantro leaves fresh with stems, 1/2 cup, finely chopped
- 0.3 bunch cilantro leaves fresh
- 2 cloves garlic smashed
- 1 garlic clove minced smashed
- 1 garlic clove roughly chopped
- 1 tablespoon ground cumin
- 2 juice of lime juiced
- 3 juice of lime juiced
- 6 servings kosher salt
- 6 servings olive oil extra-virgin
- 6 servings olive oil extra-virgin for drizzling
- 1 large onion sliced
- 6 servings freshly cracked pepper black
- 1 small onion red roughly chopped
- 1 serrano chile
- 2 serrano chiles cut into rounds
- 6 servings vegetable oil for deep frying
- 3 cups cabbage shredded white finely
- 1 medium onion yellow chopped

Equipment

- food processor
- paper towels
- mixing bowl
- pot
- plastic wrap
- potato masher

wooden spoon

dutch oven

Directions

Watch how to make this recipe.

Season all sides of the beef with a fair amount of salt and pepper. In a large Dutch oven, or other heavy pot that has a tight cover, heat 2 tablespoons of olive oil over moderately high heat.

Add the garlic and the beef to the pot, browning the meat on all sides, taking the time to get a nice crust on the outside.

Add the onion and allow to lightly brown, about 3 to 4 minutes.

Add the crushed tomatoes, plus 1 tomato can of water, spices, season with salt and pepper, to taste, and add enough water to cover the meat. Bring to a boil then reduce heat and simmer with a lid for 3 hours until the meat is fork tender.

Let meat cool in the liquid. Shred meat and set aside.

Heat a large pot of oil over medium heat. When oil reaches 350 degrees F, fry the corn tortillas 1 at a time.

Place the tortilla in the oil and wait about 30 seconds. Then use the handle of a wooden spoon to press down into the center of the tortilla and fold it in the middle. Hold down for a few seconds waiting for the tortilla to form into taco shell and then drain on paper towels. Season with salt.

To make salsa, pulse all the ingredients, except the tomato juice, in a food processor.

Add the reserved tomato juice if the salsa is too thick.

Drizzle salsa with olive oil, cover with plastic wrap and set aside, allowing the flavors to marry.

Lay some shredded cabbage as a base. Top with some shredded beef.

Serve alongside Guacamole and salsa.

Garnish with fresh cilantro leaves.

Halve and pit the avocados. With a tablespoon, scoop out the flesh into a mixing bowl. Mash the avocados using either a fork or potato masher, leaving them still a bit chunky.

Add the remaining ingredients, and fold everything together.

Drizzle with a little olive oil, adjust seasoning with salt and pepper and give it 1 final mix with a fork.

Lay a piece of plastic wrap tight on the surface of the guacamole so it doesn't brown and refrigerate for at least 1 hour before serving.

Nutrition Facts

PROTEIN 19.79% **FAT 58.37%** **CARBS 21.84%**

Properties

Glycemic Index:96.42, Glycemic Load:14.01, Inflammation Score:-10, Nutrition Score:62.177391622377%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.49mg, Quercetin: 14.49mg, Quercetin: 14.49mg, Quercetin: 14.49mg

Nutrients (% of daily need)

Calories: 1059.32kcal (52.97%), Fat: 72g (110.76%), Saturated Fat: 12.98g (81.13%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 37.38g (13.59%), Sugar: 17.72g (19.68%), Cholesterol: 122.47mg (40.82%), Sodium: 707.03mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.94g (109.87%), Vitamin K: 117.74µg (112.13%), Vitamin B6: 2.22mg (111.23%), Zinc: 14.84mg (98.96%), Fiber: 23.23g (92.93%), Vitamin C: 72.66mg (88.08%), Vitamin E: 12.98mg (86.51%), Vitamin B12: 4.99µg (83.16%), Vitamin B3: 16.16mg (80.79%), Selenium: 54.43µg (77.76%), Potassium: 2632.95mg (75.23%), Phosphorus: 694.98mg (69.5%), Iron: 10.9mg (60.57%), Folate: 242.04µg (60.51%), Manganese: 1.17mg (58.29%), Copper: 1.15mg (57.43%), Vitamin B5: 4.9mg (49.01%), Vitamin B2: 0.81mg (47.78%), Magnesium: 190.69mg (47.67%), Vitamin A: 1861.66IU (37.23%), Vitamin B1: 0.55mg (36.95%), Calcium: 207.13mg (20.71%), Vitamin D: 0.15µg (1.01%)