



## Roast Beef and Tomato Fajitas

READY IN



625 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pound beef chuck
- 0.5 teaspoon cayenne pepper
- 6 8-inch flour tortillas warmed ()
- 4 cloves garlic minced
- 4 ounce chiles diced green canned
- 2 teaspoons ground cumin
- 6 servings guacamole
- 6 servings lime wedges
- 1 large onion cut into thin wedges

- 1 teaspoon oregano dried
- 6 servings salsa
- 6 servings cup heavy whipping cream sour
- 14.5 ounce original stewed tomatoes drained coarsely chopped del monte® canned
- 1 tablespoon vegetable oil
- 2 bell peppers green yellow cut into bite-size strips

## Equipment

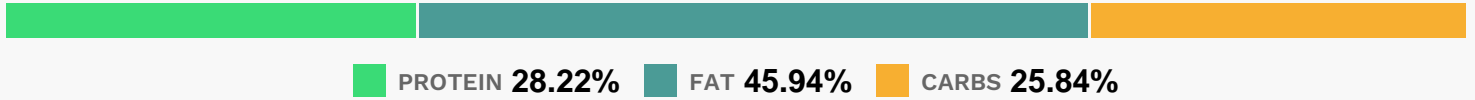
- bowl
- frying pan
- slotted spoon
- slow cooker
- tongs

## Directions

- Trim fat from meat.
- Cut meat in 2-inch pieces.
- Place chopped onion in a 4- to 5-quart slow cooker. Top with meat.
- Combine the 1 can undrained stewed tomatoes, the green chiles, garlic, cumin, oregano and cayenne pepper in a medium bowl.
- Pour over meat in slow cooker. Cover and cook on low for 10 to 12 hours or on high for 5 to 6 hours.
- Using tongs or a slotted spoon, transfer meat to a large bowl. Use two forks to pull meat apart into coarse shreds. If desired, drizzle meat with a little cooking liquid to moisten (discard remaining liquid). Cover to keep warm.
- Heat oil in a large skillet over medium-high heat.
- Add bell peppers and onion wedges. Cook and stir for 4 to 5 minutes or until tender and starting to brown. Stir in the remaining can stewed tomatoes; heat through.
- Spoon about 1/2 cup meat\*\* and 1/2 cup pepper mixture onto one side of each warmed tortilla. Fold tortilla in half over filling. Top with sour cream, guacamole and salsa.

Serve with lime wedges.

## Nutrition Facts



### Properties

Glycemic Index:34.17, Glycemic Load:8.72, Inflammation Score:-8, Nutrition Score:36.133044108101%

### Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

### Nutrients (% of daily need)

Calories: 600.62kcal (30.03%), Fat: 31.07g (47.8%), Saturated Fat: 12.67g (79.21%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 34.79g (12.65%), Sugar: 7.08g (7.87%), Cholesterol: 137.49mg (45.83%), Sodium: 972.01mg (42.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.94g (85.88%), Vitamin C: 88.43mg (107.19%), Zinc: 14.91mg (99.37%), Vitamin B12: 5.18µg (86.41%), Selenium: 52.11µg (74.44%), Vitamin B3: 11.88mg (59.4%), Phosphorus: 522.24mg (52.22%), Vitamin B6: 0.98mg (49.22%), Iron: 7.95mg (44.15%), Potassium: 1105.91mg (31.6%), Vitamin B1: 0.46mg (30.74%), Vitamin B2: 0.5mg (29.63%), Manganese: 0.5mg (25.23%), Folate: 86.29µg (21.57%), Magnesium: 73.81mg (18.45%), Calcium: 183.73mg (18.37%), Fiber: 4.54g (18.17%), Copper: 0.34mg (16.86%), Vitamin B5: 1.57mg (15.71%), Vitamin K: 16.44µg (15.65%), Vitamin E: 1.71mg (11.41%), Vitamin A: 560.04IU (11.2%), Vitamin D: 0.19µg (1.26%)