



Shredded Beef Chimichangas

♥ Popular

READY IN



190 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups beef broth
- ☐ 2 pounds beef chuck boneless trimmed of fat
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons chili powder
- ☐ 4 8-inch flour tortilla ()
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 3 tablespoons red wine vinegar

- ☐ 1 cup salsa
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup water

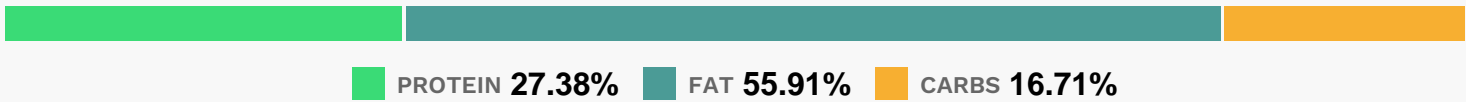
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Place beef in a Dutch oven over medium heat.
- ☐ Pour in water. Cover, and cook for 30 minutes.
- ☐ Remove cover, and cook until liquid has evaporated, and beef is well browned, about 10 minutes. In a medium bowl, combine beef broth, red wine vinegar, chili powder and cumin.
- ☐ Pour over beef. Cover, and cook until meat is very tender, and pulls apart easily, about 2 hours. Allow to cool, then shred and mix with pan juices.
- ☐ Preheat oven to 500 degrees F (260 degrees C).
- ☐ Brush both sides of each tortilla with melted butter. Spoon shredded beef filling down center of each tortilla. Fold ends over filling, then fold sides to center to make a packet.
- ☐ Place chimichangas, seam side down, in a 9- by 13-inch baking pan.
- ☐ Bake in preheated oven for 8 to 10 minutes, or until golden brown.
- ☐ Serve with shredded cheese, sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:8, Inflammation Score:-9, Nutrition Score:37.048695771591%

Nutrients (% of daily need)

Calories: 789.63kcal (39.48%), Fat: 49.49g (76.14%), Saturated Fat: 24.14g (150.89%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 28.88g (10.5%), Sugar: 5.72g (6.36%), Cholesterol: 208.6mg (69.53%), Sodium: 1549.52mg (67.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.53g (109.05%), Zinc: 18.18mg (121.23%), Vitamin B12: 6.45µg (107.5%), Selenium: 63.37µg (90.52%), Vitamin B3: 14.02mg (70.11%), Phosphorus: 668.68mg (66.87%), Vitamin B6: 1.13mg (56.57%), Iron: 8.19mg (45.52%), Vitamin A: 2083.96IU (41.68%), Vitamin B2: 0.66mg (38.74%), Potassium: 1174.24mg (33.55%), Vitamin B1: 0.45mg (30.15%), Calcium: 292.52mg (29.25%), Manganese: 0.45mg (22.58%), Vitamin E: 3.16mg (21.04%), Magnesium: 81.15mg (20.29%), Vitamin B5: 1.8mg (17.99%), Fiber: 4.4g (17.6%), Folate: 64.9µg (16.22%), Vitamin K: 15.58µg (14.84%), Copper: 0.29mg (14.56%), Vitamin D: 0.31µg (2.08%), Vitamin C: 1.62mg (1.96%)