



Slow-cooker Beef Tacos

 Gluten Free

READY IN



390 min.

SERVINGS



8

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 2 pounds beef chuck boneless cut into 1-inch cubes
- ☐ 8 oz tomato sauce canned
- ☐ 1 tablespoon chili powder
- ☐ 8 servings corn tortillas warmed
- ☐ 0.5 medium size bell pepper green
- ☐ 1 teaspoon ground cumin
- ☐ 8 servings monterrey jack cheese shredded sour

- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 6 oz canned tomatoes canned
- ☐ 1 tablespoon vegetable oil
- ☐ 1 small onion white

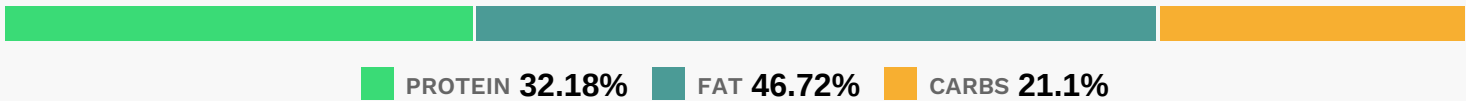
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Sprinkle beef evenly with salt.
- ☐ Cook beef, in batches, in hot oil in a Dutch oven over medium-high heat 5 to 7 minutes or until browned on all sides.
- ☐ Remove beef, reserving drippings in Dutch oven.
- ☐ Add 1 Tbsp. chili powder to Dutch oven; cook, stirring constantly, 1 minute. Stir in tomato paste, and cook, stirring constantly, 2 minutes.
- ☐ Add 2 cups beef broth, and stir, scraping bits from bottom of Dutch oven. Return beef to Dutch oven, and stir.
- ☐ Place beef mixture in a 4 1/2-quart slow cooker.
- ☐ Add onion and next 4 ingredients. Cook on HIGH 4 hours or on LOW 6 hours or until beef is tender.
- ☐ Serve with warm tortillas and desired toppings.

Nutrition Facts



Properties

Glycemic Index:29.31, Glycemic Load:6.17, Inflammation Score:-6, Nutrition Score:18.230869627517%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 306.42kcal (15.32%), Fat: 16.26g (25.02%), Saturated Fat: 6.41g (40.06%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 13.38g (4.87%), Sugar: 2.81g (3.12%), Cholesterol: 79.13mg (26.38%), Sodium: 803.3mg (34.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.4%), Zinc: 9.1mg (60.66%), Vitamin B12: 3.15µg (52.43%), Selenium: 26.08µg (37.25%), Phosphorus: 331.13mg (33.11%), Vitamin B3: 6.48mg (32.39%), Vitamin B6: 0.61mg (30.36%), Iron: 3.73mg (20.74%), Potassium: 656.03mg (18.74%), Vitamin B2: 0.24mg (14.25%), Magnesium: 54.49mg (13.62%), Vitamin C: 10.59mg (12.84%), Fiber: 3.15g (12.59%), Manganese: 0.23mg (11.69%), Vitamin A: 519.47IU (10.39%), Copper: 0.2mg (10.17%), Vitamin E: 1.52mg (10.16%), Vitamin B5: 0.91mg (9.14%), Vitamin B1: 0.14mg (9.06%), Vitamin K: 8.63µg (8.22%), Calcium: 71.71mg (7.17%), Folate: 14.13µg (3.53%)