

## Crock Pot Shredded Beef Burritos Recipe #149618

If you like shredded beef burritos this is so easy to make, plus you don't have to watch it cook.

by TERRY DAVIS in Summerville, SC.

½ day | 20 min prep | SERVES 6

- 2 lbs chuck roast
- 1/2 teaspoon ground cumin
- 1 teaspoon dry oregano
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon paprika
- 2 cups tomatoes, chopped fine
- 1/2 cup chili peppers, chopped fine
- 1 onion, chopped fine
- 1 garlic clove, minced
- 1 cup water
- 12 flour tortillas

1. Remove as much fat as possible from roast.
2. Place roast in crock pot and cover with remainder of ingredients except tortillas.
3. Cook on low for 8-10 hours.
4. With fork shred roast and stir well with other ingredients in crock pot.
5. Drain meat mixture well and serve in flour tortillas with your favorite toppings.
6. Enjoy.

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**Recipe Notes & Rating:**  5 stars  4 stars  3 stars  2 stars  1 star

### Nutrition Facts

Serving Size 1 (333g)

Recipe makes 6 servings

**Calories 595**

Calories from Fat 310 (52%)

Amount Per Serving	%DV
Total Fat 34.5g	53%
Saturated Fat 13.2g	65%
Monounsaturated Fat 15.0g	
Polyunsaturated Fat 2.3g	
Trans Fat 0.0g	
<b>Cholesterol 104mg</b>	<b>34%</b>
<b>Sodium 475mg</b>	<b>19%</b>
<b>Potassium 750mg</b>	<b>21%</b>
<b>Total Carbohydrate 35.9g</b>	<b>11%</b>
Dietary Fiber 3.1g	12%
Sugars 3.7g	
<b>Protein 33.7g</b>	<b>67%</b>
Vitamin A 708mcg	14%
Vitamin B6 0.7mg	36%
Vitamin B12 4.6mcg	76%
Vitamin C 13mg	23%
Vitamin E 0mcg	2%
Calcium 107mg	10%
Iron 5mg	31%

detailed view...

how is this calculated?