

# 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.**

**6 servings**

**½ day** 20 min prep

- 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.

## Nutrition Facts

Calculated for 1 serving (333g)  
Recipe makes 6 servings

<b>Calories 595</b>	
<b>Calories from Fat 310 (52%)</b>	
<b>Amount Per Serving</b>	<b>%DV</b>
<b>Total Fat 34.5g</b>	<b>53%</b>
Saturated Fat 13.2g	65%
Polyunsat. Fat 2.3g	
Monounsat. Fat 15.0g	
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 B <sub>6</sub> 0.7mg	36%
Vitamin B <sub>12</sub> 4.6mcg	76%
Vitamin C 13mg	23%
Vitamin E 0mcg	2%
Calcium 107mg	10%
Magnesium 53mg	13%
Iron 5mg	31%
Alcohol 0.0g	Caffeine 0.0mg

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