

Green Chile Beef Roast

JANEVA EICKHOFF

www.janevaskitchen.com



SERVINGS: 6

TIP

Delicious served with Cauliflower Mashed Fauxtatoes or use meat to fill tacos, burritos, sandwiches, salads, or any dish requiring flavorful roast beef.

NUTRITION INFO

Calories — 407 Fat — 14 g Protein — 19 g
Carbs — 5 g Fiber — 1 g Net carbs — 4 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS

- 3 lb. beef roast (chuck or arm roast)
- ½ C. beef broth
- ¼ C. lime juice
- 2 T. dried minced onions
- 8 oz. can green chiles (undrained)
- 1 T. chili powder
- 1 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. cumin
- ½ tsp. cayenne

DIRECTIONS

1. Place broth, lime juice and minced onions in bottom of crockpot.
2. In a small bowl, mix remaining spices together.
3. Rub entire beef roast with spice mixture; place seasoned roast in crockpot.
4. Top the beef roast with the green chiles.
5. Cover and cook 7-8 hours on low heat.