

Southwest Beef Wraps

Shredded beef gets a punch of flavor from salsa. A quick tomato-corn relish gets folded into a tortilla along with the beef for a hearty handheld meal.

INGREDIENTS

1 beef Shoulder Roast Boneless or Bottom Round Rump Roast
(2-1/2 to 3 pounds)

1 medium onion, quartered

3 teaspoons minced garlic

3/4 cup water

1 teaspoon salt

1/2 teaspoon pepper

2 jars (16 ounces) chunky salsa, divided

8 flour tortillas (10-inch diameter), warmed

Fresh cilantro (optional)

1 cup frozen corn, defrosted

1 cup chopped fresh tomato

2 tablespoons chopped fresh cilantro



10.00
Hours



8
Servings



42 Cal





34g
Protein

COOKING

1. Cut beef Shoulder Roast into 4 even pieces. Place onion and garlic in 4-1/2 to 5-1/2-quart slow cooker; top with beef. Add water, salt and pepper. Cover and cook on HIGH 5 to 5-1/2 hours or on LOW 9 to 9-1/2 hours or until beef is fork-tender. (No stirring is necessary during cooking.)
2. Remove beef; cool slightly. Strain cooking liquid; skim fat. Shred beef with 2 forks. Place beef in 2-quart microwave-safe dish; add 1/2 cup cooking liquid.
3. Combine Tomato-Corn Relish ingredients in medium bowl; stir in 1/4 cup salsa.
4. Add remaining salsa to beef; mix well. Cover and microwave on HIGH 8 to 10 minutes or until heated through, stirring once.
5. Top each tortilla with 3/4 cup beef mixture, leaving 1-1/2-inch border around edge. Top beef with about 1/4 cup relish. Fold right and left sides of tortillas over filling; fold bottom edge over and roll up. Garnish with cilantro, if desired.
6. This recipe can be made in a 6-quart electric pressure cooker. Cut beef Shoulder Roast into 4 even pieces. Place beef in pressure cooker; add onion, garlic, 1/2 cup water, salt and pepper. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (This recipe

variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		12g	84mg		41g	34g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com