

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.

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10.00
Hours



8
Servings



42 Cal



34g
Protein

1 beef Shoulder Roast Boneless or Bottom Round Rump Roast

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1 medium onion, cut into quarters

1 medium onion, quartered

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3 teaspoons minced garlic

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3/4 cup water

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1/2 teaspoon pepper
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2 jars (16 ounces) chunky salsa, divided

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[illegible]

[illegible]

[illegible]

[illegible]

1 cup frozen corn, defrosted

[illegible]

[illegible]

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1 cup chopped fresh tomato

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COOKING

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2. 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.)

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141. 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.

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281. Combine relish ingredients in medium bowl; stir in 1/4 cup salsa.

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561. Top each tortilla with $\frac{3}{4}$ cup beef mixture, leaving 1-1/2-inch border around edge. Top beef with about $\frac{1}{4}$ cup relish. Fold right and left sides of tortillas over filling; fold bottom edge over and roll up. Garnish with cilantro, if desired.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	<div>GLUTEN FREE</div>	<div>ALL NATURAL</div>
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.

