



Ronaldo's Beef Carnitas

Recipe Source: www.allrecipes.com

Ingredients:

- 1 (4 lb) chuck roast
- 1 (4.5 oz) can chopped green chilies
- 1-2 Tbsp chili powder
- ½ tsp dried oregano
- ½ tsp ground cumin
- 2 cloves garlic, minced
- ½ tsp salt

Steps:

- Preheat oven to 300°.
- Place roast on heavy-duty foil large enough to enclose the meat. In a small bowl, combine remaining ingredients and mix well. Rub mixture over the meat.
- Wrap the meat completely in foil and place in a roasting pan.
- Bake in the preheated oven 3 ½-4 hours, or until the roast just falls apart with a fork. Remove from oven and shred completely with two forks.

Tips from the Test Kitchen: Serve shredded meat in corn tortillas or small whole wheat flour tortillas with chopped cilantro, diced onion, and sliced radish.

Nutritional Facts: per serving Calories: 346, Carbohydrates: 1 grams, Protein: 34 grams, Total Fat: 22 grams, Saturated Fat: 9 grams, Cholesterol: 136 mg, Sodium: 154 mg, Fiber: 0 grams, Total Sugars: 0 grams.