

Slow Cooker Cuban-Style Pot Roast

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2 large yellow onions, sliced
2 large green bell peppers, sliced
12 cloves garlic, coarsely chopped
2 tablespoons juice of two limes
1 (four pound) boneless chuck roast
1/2 teaspoon Kosher salt
1/2 teaspoon pepper
2 tablespoons olive oil
1 tablespoon ground cumin
2 teaspoons dried oregano
1/4 cup water
3 cubes beef bouillon
1/4 cup frozen orange juice concentrate, thawed

Pat the beef dry with paper towels. Cut in half (if needed) to fit in a six-quart slow cooker. Season the beef on all sides with salt and pepper (wash hands). Preheat a large saute' pan on medium-high for 2 to 3 minutes. Pour oil in the pan. Add the oil and cook for 8 minutes, turning occasionally, or until browned on all sides. Transfer the beef to the slow cooker.

Add to the same pan the onions, peppers, garlic, cumin and oregano. Cook for 2 minutes, stirring often.

Meanwhile, heat the water and mix with the bouillon cubes until dissolved. Stir in the orange juice concentrate and lime juice until blended. Add the bouillon mixture and vegetable mixture to the slow cooker.

Cover the slow cooker. Cook on HIGH for four to four and one-half hours until the beef is 190 degrees (for shreddable). Transfer the beef to a cutting board. Skim any excess fat from the surface of the crock, reserving the liquid.

Shred the beef into large chunks. Drizzle the beef with the cooking liquid.

Serve with your favorite sides like rice and black beans.

NOTE

Chill three cups of leftover shredded beef with one cup of sauce for up to two days.

Per Serving (excluding unknown items): 646 Calories; 32g Fat (42.2% calories from fat); 14g Protein; 84g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 5057mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 8 1/2 Vegetable; 2 Fruit; 5 1/2 Fat.