



Nana's Savory Mexican Shredded Beef for Chimichangas and More

My mom made this Mexican meat mix for special occasions when I was growing up, and it became a favorite with my own family too.

PREP TIME	COOK TIME	TOTAL TIME	YIELD	CALORIES
45 min	10 hr 10 min	10 hr 55 min	About 18 large chimichangas	Approx. 675 each

INGREDIENTS

- 5 lb beef roast, thawed
- Reserved juices from cooked roast
- 3 Tbsp olive oil or vegetable oil
- 3 onions, chopped
- 1 can chopped green chiles
- 14 oz green chile salsa
- 1/4 tsp garlic powder
- 4 Tbsp flour
- 1-4 tsp salt, to taste
- 1 tsp ground cumin
- About 18 large flour tortillas
- Oil for frying
- Toothpicks

INSTRUCTIONS

- 1. Slow-cook the beef.** Place the thawed roast in a slow cooker with enough liquid to keep it moist and provide juices. Cover and cook on LOW about 10 hours, until very tender and easy to shred. Remove, reserve the juices, and shred.
- 2. Saute.** Heat oil in a large skillet. Add onions and green chiles and saute about 1 minute. Nana's original recipe used shortening instead of oil.
- 3. Season.** Add green chile salsa, garlic powder, flour, salt, and cumin. Cook over medium-low heat about 1 minute.
- 4. Finish the meat.** Stir in reserved meat juices and shredded beef. Cook about 5 minutes, stirring occasionally, until thickened.
- 5. Fill.** Spoon beef into each large tortilla. Fold around the filling and secure with a toothpick.
- 6. Fry.** Fry carefully in hot oil until golden brown on both sides. Drain and remove toothpicks before serving.

WENDY'S TIPS & NOTES

- **My easy shortcut:** Shred cooked beef, then add green chile salsa, chili powder, cumin, and enough chicken stock to moisten. In my opinion, this is just as good as the traditional method.
- **Serve with:** Guacamole, shredded cheese, sour cream, sliced olives, diced tomatoes, salsa, or your favorite toppings.
- **Other uses:** Burritos, tacos, enchiladas, quesadillas, nachos, taco salads, rice bowls, or stuffed baked potatoes.
- **Storage:** Refrigerate covered. Add a little reserved beef juice or chicken stock when reheating if needed.
- **Calories:** About 675 per large fried chimichanga without toppings. This estimate varies with beef cut, tortilla size, and absorbed frying oil.

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