

# SLOW COOKER SPANISH BEEF



## ingredients:

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|---|--|
| 2 pounds beef eye of round roast            | 1 teaspoon cumin                         |
| 1 yellow onion, chopped                     | 1 teaspoon oregano                       |
| 1 red bell pepper, chopped                  | 1 teaspoon adobo seasoning               |
| 1 green bell pepper, chopped                | 1 bay leaf                               |
| 1 cup baby carrots, chopped                 | 1 cup green olives with pimentos, sliced |
| 5 cloves garlic, minced                     | 2 cups instant brown rice                |
| 28-ounce can no-salt-added crushed tomatoes | 2 cups water                             |

## directions:

1. Place roast in slow cooker. Add onion, red pepper, green pepper, carrots, garlic, crushed tomatoes, cumin, oregano, adobo seasoning and bay leaf. Stir to combine. Cover and cook on low for 7 to 8 hours.
2. Remove beef from slow cooker. Shred with two forks. Add back to slow cooker and stir to combine.
3. Serve over rice with olives for garnish.
4. To prepare rice, add water and rice to saucepan. Bring to a boil, reduce heat to medium, and cover. Simmer for 10 minutes or until water is absorbed. Fluff before serving.

Yield: 8 servings

## Nutrition Information Per Serving:

368 Calories  
14 grams Fat  
4 grams Saturated Fat  
77 mg Cholesterol  
434 mg Sodium  
34 g of Carbohydrates  
5 grams Fiber  
29 grams Protein

Food exchanges:  
3 protein, 3 vegetables,  
1 starch



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