

Southwest Beef Wraps

Cut: Chuck / Shoulder Roast
Preparation Time: 15 Minutes
Cook Time: 5 to 10 hours



Main Ingredients:

1 boneless beef chuck shoulder pot roast or bottom round rump roast (3 to 3 1/2 pounds)
1 medium onion, cut into quarters
3 cloves garlic, peeled
3/4 cup water
1 teaspoon salt
1/2 teaspoon pepper
2 jars (16 ounces each) prepared chunky salsa with cilantro
8 flour tortillas (10-inch diameter), warmed
Fresh cilantro (optional)

TOMATO-CORN RELISH:

1 cup frozen corn, defrosted
1 cup chopped fresh tomato
2 tablespoons chopped fresh cilantro

Directions:

1. Cut beef pot 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.)
2. 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.
3. Combine relish ingredients in medium bowl; stir in 1/4 cup salsa.
4. Add remaining salsa to beef; mix well. Cover and microwave on HIGH 8 to 10 minutes or until heated through, stirring once.
5. Top each tortilla with 3/4 cup beef mixture, leaving 1 1/2-inch border around edge. Top beef with about 1/4 cup relish. Fold right and left sides of tortilla over filling; fold bottom edge over and roll up. Garnish with cilantro, if desired. Makes 8 servings.

Recipe Tips:

- Slow-cooked, fork-tender pot roast shreds easily with two forks. Add salsa to finish the beef, team with colorful tomato-corn relish and it's a wrap!

Recipe Notes:

Nutrition Information per serving, using chuck: 406 calories; 37 g protein; 36 g carbohydrate; 11 g fat; 1,218 mg sodium; 97 mg cholesterol; 5.9 mg niacin; 0.4 mg vitamin B6; 3.3 mcg vitamin B12; 5.4 mg iron; 8.8 mg zinc.

Courtesy of the Wisconsin Beef Council