

U The Lexingtonienne U

CROCK POT BEEF BURRITOS

Adapted from www.savingyou dinero.com

- 2 lbs beef roast (London broil, top round, or chuck roast will do)
- 1 onion, cut into large chunks
- 4 garlic cloves, minced
- 2 T apple cider vinegar
- 2 (8 oz) cans tomato sauce
- 1 chipotle pepper in adobo sauce*
- 1-2 tsp chili powder (depending on your taste)
- Salt & black pepper to taste (but be pretty generous with the pepper)

**These come in a can; I found them in the Hispanic cooking aisle of the grocery store. There are several peppers in a small can, but you only need one. Feel free to use a few if you like it spicy.*

Trim, rinse, and pat dry the roast. Generously salt & pepper the roast on all sides. Sear over high heat until thoroughly browned on all sides. Transfer to crock pot and add remaining ingredients, including a few more turns of black pepper. Cook on high heat for about 5 hours or on low heat for about 7 hours, or until the meat is fork-tender.

Shred or chop the beef, then return it to the crock pot to simmer in the juices for about another half hour or until you are ready to serve. (I like to do the onions in large pieces so you can either remove them easily, or chop them up along with the beef.)

Serve in burrito-size tortillas with the burrito "fixins" of your choice - rice, beans, cheese, lettuce, salsa, guacamole, etc. The leftovers are great too later in the week!

