

## Slow Cooker Chipotle Beef Burritos

- 1 London Broil or top round roast (2-3 pounds)
- 1 diced onion
- 4 garlic cloves, minced
- 2 tablespoons whole peppercorns
- 2 tablespoons apple cider vinegar
- 3 (8 oz) cans tomato sauce (3 cups)
- 1 chipotle pepper in adobo sauce – Use just 1 pepper!! (It's in a can.)
- 1 ½ teaspoon chili powder (you can adjust this according to your taste)
- 2 cups of water
- Optional: black beans, pico de gallo, shredded cheese, sour cream, guacamole

Additional ingredients – flour tortillas salsa, cheese, cream, avocados, etc. (Cilantro Lime Rice recipe below)

1. Add all the above ingredients into your crock pot. You want it to have some juice when it's all done, so you can add more water at the end if necessary.
2. Cook on high for 4-5 hours or low for 6-7 hours
3. When the meat is cooked, you will need to **strain the juices into another bowl (do not throw out the juice!)** and add the juice back to the slow cooker. (You want to remove the peppercorns and onions.)
4. Shred the meat and add back to the juice in the slow cooker for about 30 minutes.
5. Serve in a tortilla with Cilantro Lime Rice and your favorite toppings!

\* If you like the taste of chipotle but not the spiciness, you can remove the seeds.

**Tip** – Freeze remaining Chipotle Peppers to use later.

Serves 6+

### Cilantro-Lime Rice:

- 2 cup cooked white rice
- 2-3 tablespoons minced cilantro (Try cutting it with a scissor and I use about half of a bunch.)
- The juice of 3-4 limes
- salt to taste

Cook the rice according to the package directions. When it's done mix it with the cilantro, lime juice, and salt . (If you are not using 5 minute rice you should prepare this ahead of time according to the rice instructions.) This is really just according to your taste. Add the ingredients, stir, and sample. Add more of the ingredients you are lacking.