



Shredded Beef

1 large green bell pepper, chopped
1 yellow onion, chopped
2 garlic cloves, chopped
1 (2-1/2- to 3-pound) bottom round roast
1 (8-ounce) can tomato sauce
2 teaspoons chili powder
2 teaspoons ground cumin
Salt and pepper to taste

PREPARATION

In a slow cooker (3-1/2 quarts or larger), combine bell pepper, onion, and garlic; place roast on top of vegetables.

In a small bowl, combine tomato sauce, chili powder, cumin, salt, and black pepper; mix well and pour over roast. Put in the pressure cooker for about half an hour, let cool, check that beef is shreddable, if not, put back in the pressure cooker for another 10 mins, or until meat pulls apart with a fork. Serve with rice.