

# Spicy Slow Cooker Roast Beef

## Prep Time

15 Min.

## Cook Time

8 hours.

## Serves

6 People

## Ingredients

2 1/2 Lb boneless Lilly's leaf beef shoulder roast  
2 Tbsp Canola Oil  
1 yellow onion, peeled and chopped  
1/4 cup Chilli Powder  
4 garlic cloves, peeled and chopped  
1 large poblano pepper, seeded and chopped  
1 Tsp ground cumin  
1 Tsp Oregano  
15 Oz Fire Roasted Tomatoes

## Instructions

- Trim the roast of fat and cut it into 3-5 inch cubes and toss with the canola oil.
- Heat a large heavy bottom skillet over high heat for 2 minutes then add the beef cubes and chopped onion and stir-fry for 3-4 minutes.
- Add the chili powder, garlic, poblano pepper, ground cumin, and oregano to the meat mixture and stir-fry for 2 more minutes.
- Pour the mixture into the crock pot and add the fire-roasted tomatoes with juice.
- Set the crock pot on low for 8 hours.

