

Shredded Beef Tacos

Ingredients

For Seasoning:

- 1 1/2 tbsp chili powder , adjust spiciness to taste
- 1 tbsp paprika
- 1 tbsp dried oregano
- 1 tsp All Spice powder
- 1 tsp cumin
- 2 tsp onion powder
- 1 tsp salt and pepper , each

For Beef:

- 1 - 2 tbsp olive oil
- 3 lb chuck roast
- 5 garlic cloves, minced
- Juice from two oranges
- 1 onion (diced)
- 2 tbsp lime juice
- 14 oz can crushed tomatoes
- 2 cups beef stock
- Salt and pepper

Directions

1. Combine the Spice Mix ingredients in a bowl.
2. Add olive oil, diced onions, beef broth, orange juice, lime juice, tomatoes, and garlic cloves to the bottom of a crockpot. I also like to put the actual oranges in the crockpot to add flavor
3. Place the chuck roast on top of the mixture. Sprinkle seasoning mix on top.
4. Cook on low for 7-8 hours, or high for 3-4 hours.
5. Once cooked, shred your meat. My preferred method is my mixer. I use the flat beater and mix on speed 2 for 1-2 minutes. Return shredded meat to the crockpot.
6. Serve on a warm tortilla with desired toppings!

MADE WITH LOVE

by Teresa Forehand