

Mexican Shredded Beef

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1 (3 to 4 pound) chuck roast
1 tablespoon cooking oil
2 teaspoons kosher salt
2 teaspoons freshly cracked black pepper
1 tablespoon cumin
1-1/2 tablespoons Mexican chili powder
2 teaspoons garlic powder
2 teaspoons onion powder
1 teaspoon oregano
3 bay leaves
2 cups finely minced Vidalia or other sweet yellow onions
1/2 tablespoon chopped, chipotle in adobe sauce, *or to taste, optional*
Oil for frying
Corn or flour tortillas or prepared taco shells

Important Note: This recipe requires a total of about 4 hours of stovetop cooking time in order to be tender enough to shred.

Cut roast in half. Combine seasonings and sprinkle generously all over roast; reserve remaining seasoning. Add oil to stockpot and brown meat on both sides. Add reserved seasonings to pot and cover roast with water (or beef broth) plus about an inch; bring to a boil. Reduce heat and simmer, covered, for 2 hours. Do not allow the meat to boil, only simmer. Add the chopped onion and peppers; continue simmering, covered, for one additional hour. Remove roast and set aside. Continue simmering liquid, skimming fat off of the top, shred meat and return to juices; let simmer 30 minutes to another hour, or until meat is very tender and most of the juices have been absorbed.

Stuff meat into corn tortillas, fold, pin with wooden toothpicks and deep fry or fry in a skillet with about one inch of hot oil. Remove, let cool slightly and pull apart to dress with lettuce, tomato cheese and taco sauce. Alternatively, you can fry the shells separately then stuff, bake prepared taco shells, and then stuff them, or use warmed corn or flour tortillas for soft tacos. **(continued page 2)**

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Cook's Notes: Besides tacos, use this recipe for chalupas, flautas, taquitos, enchiladas, burritos, Mexican pizza and many of your favorite Tex-Mex recipes.

Instant Pot/Electronic Pressure Cooker: Mix seasonings above and rub all over roast. Use browning setting to brown roast. Add 1-1/2 cups beef broth to pot and top with onion. Seal, cook on high for 50 minutes. Let pressure release naturally, remove roast and set aside until cool enough to shred. Skim off fat and bring liquids to a boil. Mix 1-1/2 tablespoons cornstarch with enough water to dissolve; stir into boiling broth. Cook until thickened. Toss meat with enough of the pot drippings to moisten and offer remaining sauce at the table.

Slow Cooker: Add 3 cups of water to the slow cooker and whisk in the seasonings and onion. Add the meat, cover and let cook on low for 8 to 10 hours (depending on size of roast), or until meat is tender and falling apart.

Carnitas: Substitute a similar sized boneless pork shoulder or Boston butt pork roast, cut into chunks, for the beef. Season and prepare as above. Time will be approximately the same, but check at about an hour. Spread refried beans on warmed tortillas and stuff with pork.

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