

Fajita Shredded Beef

(one of my favorites)

1 packet Fajita seasoning, or about 2 1/2 Tbsp jarred or homemade
2 lb chuck roast
1-2 Tbsp vegetable oil
1 onion, chopped
1 bell or poblano pepper, chopped
jalapeno, to taste (optional)
2-3 cloves garlic, chopped
handful of chopped parsley
1 can Mexican style stewed tomatoes
about 3/4 c water

Rub both sides of the roast with most of the fajita seasoning. Let the roast sit while you heat oil in a heavy pot over medium-high heat. When the pot and oil are hot, carefully add the roast and brown on all sides.

Toss the chopped onions and peppers with the rest of the fajita seasoning. Add to the pot and saute about 5-8 minutes. If needed, remove the roast from the pot to make more room. Add the garlic and saute a few more minutes.

If you removed the roast, add it--along with any juices--back to the pot. Add the parsley, stewed tomatoes, and water. Cover and simmer over low heat for about 3-4 hours.

Remove the roast to a large plate. Skim any grease from the surface. taste the gravy for seasoning and adjust. Shred the roast and add back to the pot.

Serve in tortillas or over rice topped with tomato, lettuce, cheese, sour cream, avocado, pico de gallo, limes, etc.