

CARNE DESHEBRADA

[mexican shredded beef]



4 servings



1+ hour

INGREDIENTS

- 3 pounds beef chuck roast, cut into smaller pieces
- 1/4 cup olive oil
- 1 large white onion, chopped
- 3 jalapeños, deseed and sliced
- 1 clove garlic, chopped
- 4 cups water
- 1 tsp dried oregano
- 1 bay leaf
- 1 TBSP salt
- 1 TBSP beef bouillon powder
- 2 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp ground black pepper

DIRECTIONS

- Brown the beef: Heat oil in a large skillet over medium-high heat. Add the beef and brown on all sides, and work in batches if necessary. Once browned on all sides, remove into the slow cooker.
- Brown the vegetables: Add the onions, jalapenos, and garlic. Cook until starting to brown and soften, about 5 minutes.
- Add all the spices into the water, mix and pour into the slow cooker over the beef. Cover and cook for 6 hours on low or 4 hours on high.
- Shred the meat: Shred meat with a fork. Taste and add more salt if needed. Stir back into the juices and enjoy in a delicious Torta bun with your favorite salsa.