



Slow Cooker

Shredded Beef Tacos

When it comes to making tacos at home, recipe combinations are numerous. For something new on taco night, try these delicious slow cooker shredded beef tacos inspired by a visit to an Illinois corn and beef farm in partnership with Illinois Farm Families.

INGREDIENTS:

- 3.5 pound chuck roast (either boneless or bone-in)
- 1 small white onion, chopped
- 1 (14 ounce) can of diced tomatoes with green chilis
- 4 cloves of garlic, minced
- 1 poblano pepper, chopped
- 2 teaspoons cumin
- 2 teaspoons chili powder
- ½ teaspoon ground red pepper (cayenne)
- ½ teaspoon paprika
- 2 cups of beef broth
- Corn tortillas
- Mexican cheese
- Jalapenos
- Sour cream



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DIRECTIONS:

1. In a large slow cooker, combine the onion, diced tomatoes, garlic, poblano pepper, cumin, chili powder, ground red pepper, and paprika. Whisk together. Add the beef.
2. Next add beef broth until it just covers the beef. This is the trick to really tender beef.
3. Turn the slow cooker on to low, and let it work its magic for 6 hours.
4. After 6 hours, remove the beef from the slow cooker, and place in a bowl. Using 2 forks, shred the meat, this is an easy task since the beef is so tender. Remove the bone if there is one.
5. Use a slotted spoon to scoop the onion, tomatoes, and peppers and some of the juices in the slow cooker over the shredded beef.
6. To assemble the tacos, fill corn tortillas with the beef and add cheese, jalapenos, and sour cream on top.

Recipe and photo originally published by Kit Graham (TheKittchen.com) for Illinois Farm Families. Find more recipes like this at watchusgrow.org.

