



## Beef Chalupa

with Healthy Ranch  
Dressing

 40 MIN

8-10 Servings

### From the Test Kitchen

Taco Tuesdays just got better with this delicious beef that cooks in the slow cooker all day and is ready to add to a bed of salad greens with your favorite veggie toppings. This winning fat-burning recipe pairs great with our Healthy Ranch Dressing, and freezes well for easy, ready-to-go portions for other meals.

[Download Recipe](#)

### fresh INGREDIENTS

- ▶ Romain or other salad greens
- ▶ 3-5 lb Lean Cut Beef Roast
- ▶ 2 c Water
- ▶ 1 Yellow Onion



- ▶ 2 tsp Garlic
- ▶ 1 3 oz can Green Chilis
- ▶ 1 tsp Salt
- ▶ 2 Tbsp Chili Powder
- ▶ 1 Tbsp Cumin
- ▶ 2 tsp Oregano
- ▶ sea salt, to taste
- ▶ pepper, to taste

## fresh TOPPINGS



- ▶ Cilantro
- ▶ Tomato
- ▶ Green Onion
- ▶ Lime
- ▶ Avocado
- ▶ Pico de Gallo

## Healthy Ranch DRESSING INGREDIENTS

- ▶ 1/3 c Avocado Oil
- ▶ 1/4 c Raw Pumpkin Seeds
- ▶ 1/8 c Pickle Juice

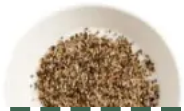


▶ 1/8 c Apple Cider Vinegar

▶ 1 Garlic Clove

▶ 1/2 tsp sea salt

▶ 1/2 tsp black pepper



### Before You Eat...

Take these "skinny drops" to compliment your meal.

**Step 1:** The hormone-free **Slenderiix drops** are a homeopathic weight management formula scientifically formulated to encourage weight loss.

Take 15 drops under the tongue three times daily before meals. Do not eat or drink anything for 10 minutes.

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**Step 2:** **Xceler8's B12** naturally supports the metabolism of carbohydrates and fats, and helps give you increased energy.

Take 1 ml twice daily, about 10 minutes after taking Slenderiix drops. Meal can be eaten immediately after.



[Try Slenderiix Drops today](#)

## step-by-step INSTRUCTIONS

1. Put Ingredients Into Slow Cooker

2. Prepare Salad Greens and Toppings

Place the beef roast in the slow cooker. Add water, chopped onion, minced garlic and green chilis. Sprinkle seasonings and spices over the roast. Cook in low in the slow cooker for 5-6 hours or until roast falls apart and shreds easily.

Prepare salad greens and desired toppings: diced tomato, chopped cilantro, diced green onion, lime wedges and sliced avocado and pico del gallo. When ready to serve, serve chalupa meat on a bed of salad greens and add desired toppings. Top with pico de gallo and Health Ranch Dressing and drizzle with a splash of freshly squeezed lime juice.

Healthy Ranch Dressing

# INSTRUCTIONS

1. Combine All Ingredients

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Add all of the ingredients into a high-speed blender. Blend at least 30 seconds on high. Add water if it's too thick. This dressing recipe makes a large batch.

Storage Instructions

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Store dressing in an air-tight glass container. Keep refrigerated. Shake or stir vigorously before serving. Stays good for seven days.