

# **MEXICAN SHREDDED BEEF**

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## **INGREDIENTS**

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<b>3 pounds chuck roast</b>	<b>2 garlic cloves, minced</b>
<b>2 tbsp olive oil</b>	<b>2 tbsp cumin</b>
<b>1/2 cup salsa verde</b>	<b>2 tsp sea salt</b>
<b>1/2 cup beef broth</b>	<b>2 tsp black pepper</b>
<b>1/2 yellow onion, diced</b>	<b>1 lime, juiced</b>
<b>2 tbsp cilantro, chopped</b>	

## **PROCEDURE**

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Heat the oil in a large skillet over high heat. When the oil is hot, add the beef and sear on all sides.

While the beef is searing, add the salsa verde, beef broth, onion, chipotle peppers, garlic, cumin, salt, and pepper to the slow cooker and stir to combine.

Transfer the beef to the slow cooker.

Spoon some of the salsa verde mixture over the top of the beef. Cover and cook on high for 5 hours or low for 8 hours, until the beef easily shreds with a fork.

Shred the beef with two forks and sprinkle with cilantro and lime juice.