



www.soprepared.org

Shredded Beef Filling for Tacos

(adapted from "Slow Cooker Revolution")

- 2 onions, minced
- 1/3 cup chili powder
- 3 Tbs vegetable oil
- 6 garlic cloves, minced
- 1 Tbs ground coriander
- 1 Tbs ground cumin
- 1/2 tsp cayenne pepper
- 1 (15-ounce) can tomato sauce (*or use the remaining marinara from the Haddock*)
- 2 tsp sugar
- 1 (3-pound) boneless beef chuck roast, trimmed and halved
- salt & pepper
- 1 Tbs fresh lime juice
- Flour Tortillas for serving

1. Microwave onions, chili powder, oil, garlic, coriander, cumin and cayenne in bowl, stirring occasionally, until onions are softened, about 5 minutes; transfer to slow cooker.
2. Stir tomato sauce and sugar into slow cooker. Season beef with salt and pepper, add to slow cooker and coat evenly with sauce mixture. Cover and cook until beef is tender, 9 to 11 hrs on low or 5 to 7 hrs on high (I did 6 hrs on high).
3. Transfer beef to large bowl, let cool slightly, then shred into bite-size pieces, cover to keep warm. Let braising liquid settle for 5 mins, then remove fat from surface using large spoon.
4. Toss shredded beef with 1 cup braising liquid (I did this in the slow cooker & rewarmed it all before serving!); add more liquid as needed to keep meat moist and flavorful. Stir in lime juice and season with salt and pepper to taste.
5. Serve in Flour Tortillas with Fennel-Tangerine Slaw (or other toppings: cheese, lettuce, etc.)

**Filling can be refrigerated in airtight container for up to 3 days or frozen for up to 1 month. If frozen, let filling thaw completely before using.*

Optional Side:

FENNEL-TANGERINE SLAW

Combine 2 thinly sliced fennel bulbs, 2 peeled and coarsely chopped tangerines, 4 thinly sliced radishes, and 1/4 cup minced cilantro in large bowl. In separate bowl, whisk 1/3 cup olive oil, 3 tablespoons lime juice, 2 thinly sliced scallions, 1 minced clove garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper together. Toss dressing with fennel mixture and season with salt and pepper to taste. Serves 6.

Wine Pairing Recommendation

I would actually have a margarita with this meal for sure...but if you want wine; according to Chicago Sommelier Arthur Hon- a youthful red wine such as Rioja or Tempranillo would pair with the caramelized meat perfectly.