

KOREAN SHREDDED BEEF

BLEND FIRST:

- 2 small ripe **pears**, chopped or 1 can (14-oz) can pears, drained
- ½ cup **low-sodium soy sauce**
- ⅓ cup **brown sugar**
- 2 tablespoons **gochujang sauce**
- 1 (2-inch) knob fresh **ginger** or 1 tablespoon ginger paste
- 5 **garlic cloves**
- 2 teaspoons **toasted sesame oil**

FREEZE WITH:

4 lbs. **raw beef chuck roast**, seasoned with salt + pepper and cut into 8 large pieces

COOKING INSTRUCTIONS:

INSTANT POT

Frozen or thawed

Add a splash of water
70 mins HIGH pressure
Natural or Quick release

CROCKPOT

Thaw first

LOW 8 hrs or HIGH 4-5 hrs

FINISHING TOUCHES:

1. Remove and shred the beef.
2. Simmer the cooking liquid until reduced by half.
3. Return the beef and toss to coat.
4. Serve over rice or in bowls, burritos, tacos or lettuce wraps.

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