

MEXICAN SHREDDED BEEF

FREEZE TOGETHER:

- 3-3½ pounds **beef chuck roast**, cut into 3-inch pieces
- 1 teaspoon **kosher salt**
- 1 teaspoon **black pepper**
- 2 tablespoons **taco seasoning***
- 2 tablespoons **tomato paste**
- 1 can (4-oz) diced **fire-roasted green chiles**
- ⅔ cup **orange juice**

**If you don't have taco seasoning, you can make your own with 1 tablespoon smoked paprika, 1 tablespoon chili powder and 1 teaspoon each cumin, garlic powder, onion powder and oregano.*

COOKING INSTRUCTIONS:

INSTANT POT

Frozen or thawed • Add ½ cup water
60 mins HIGH pressure
15-min Natural release

CROCKPOT

Thaw first • LOW 6-7 hrs or HIGH 4-5 hrs

FINISHING TOUCHES:

1. Shred the beef and return it to the cooking juices.
2. Serve as **Beef Burrito Bowls** with cilantro lime rice, black beans, corn, salsa, avocado, sautéed peppers and onions, and any other taco fixings you love!

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