

## Slow Cooked Shredded Beef

1 (3-4 pound) chuck roast  
Salt & pepper to season roast  
2 Tbsp. olive oil  
1 cup onion, chopped  
1 cup Anaheim peppers, chopped  
1 to 2 cups **Chavie's North of the Border Salsa** (Mild, Medium, or Hot)  
½ tsp. cayenne pepper  
1 tsp. chili powder  
1 Tbsp. ground cumin  
1 Tbsp. Tabasco brand Chipotle sauce (more if you like it spicier)  
Water as needed to cover roast 1/3



### Procedure

Trim roast and season with salt and pepper. Heat olive oil in skillet over medium-high heat. Add the roast to the skillet and brown it quickly and evenly. Put the browned roast into a slow cooker (crock pot), mix remaining ingredients, except water, in a mixing bowl, and add to crock pot. Add needed water to cover 1/3 of the roast. Turn on slow cooker to high and cover, cooking for 2 ½ hours. Reduce heat to low and continue cooking for 5 to 7 hours or until meat is very tender and pulls apart easily. Remove roast from slow cooker and cool. Shred roast and add up to 1 cup of the remaining liquid in the slow cooker to season the shredded beef and add moisture. This recipe may be done in a covered stock pot on the range, but requires a lot more attention (to keep liquid mixture from boiling dry). Recipe can be used as meat filling for Tacos, Burritos, Chimichangas, etc. Recipe can also be prepared ahead of time for freezing for later use.

**Yield: Approximately 4 cups**