

Slow Cooker Shredded Beef Tacos: The Easiest Weeknight Meal

Slow Cooker Shredded Beef Tacos



METHOD

Slow cooker

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ChefManiac

INGREDIENTS

- 2 lbs beef chuck roast
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes, with juice
- 1/2 cup beef broth
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 12 corn or flour tortillas

Your favorite taco toppings (shredded lettuce, cheese, salsa, sour cream)

Swaps and Notes:

Beef: Beef chuck roast is the best choice here because it becomes incredibly tender and flavorful when cooked low and slow.

Tortillas: Small corn or flour tortillas are perfect for these tacos. You can also use a hard shell taco.

Spices: The combination of chili powder, cumin, and smoked paprika is key to the flavor of these tacos!

Don't be afraid to adjust the spices to your liking.

Toppings: The sky's the limit with toppings! Shredded lettuce, cheese, salsa, sour cream,

guacamole, or a simple squeeze of lime juice would be perfect.

Step-by-Step Instructions:

Prep the Slow Cooker: Place the sliced onion and minced garlic in the bottom of the slow cooker.

Season the Beef: Pat the beef chuck roast dry with a paper towel. Rub it generously with the chili powder, cumin, smoked paprika, salt, and black pepper.

Add the Beef: Place the seasoned beef on top of the onions and garlic in the slow cooker.

Add the Liquid: Pour the can of diced tomatoes (with their juice) and the beef broth over the beef. Add the bay leaf.

Slow Cook: Cover the slow cooker and cook on low for 8-10 hours or on high for 4-5 hours, until the beef is incredibly tender and can be shredded easily with two forks.

Shred the Beef: Once the beef is cooked, remove it from the slow cooker and shred it with two forks. Return the shredded beef to the slow cooker with the remaining sauce and stir to combine.

Serve: Warm the tortillas in a dry skillet or in the microwave. Spoon the shredded beef mixture into the warm tortillas and top with your favorite taco toppings.

Tips for Success:

Don't Overcook: While the slow cooker is forgiving, you still want to watch the beef carefully. Once it's tender and can be shredded easily, it's ready.

Use a Good Quality Beef: A good quality beef chuck roast will provide an even more tender and flavorful result.

Shred with Two Forks: Shredding the beef with two forks is the easiest way to get that perfect, tender texture.

Warm the Tortillas: Warm tortillas are a must! They are softer, more pliable, and much easier to fold without tearing.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 400 kcal

Carbohydrates: 30g

DIRECTIONS

1. **Prep the : Slow Cooker:** Place the sliced onion and minced garlic in the bottom of the slow cooker.
2. **Season the : Beef:** Pat the beef chuck roast dry with a paper towel. Rub it generously with the chili powder, cumin, smoked paprika, salt, and black pepper.
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9. **Use a : Good Quality Beef:** A good quality beef chuck roast will provide an even more tender and flavorful result.
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texture.

11. Warm the : Tortillas: Warm tortillas are a must! They are softer, more pliable, and much easier to fold without tearing.
12. Serving Suggestions and Pairings: These Slow Cooker Shredded Beef Tacos are a perfect meal on their own. They're rich, savory, and incredibly satisfying. You can serve them with a simple side of rice and beans or a side of chips and salsa. For a fun, party spread, it would go perfectly with a crockpot nacho dip or a platter of sheet pan quesadillas.
13. Nutritional Information (per serving, approximate):
Calories: 400 kcal
14. Carbohydrates: 30g
15. Protein: 30g
16. Fat: 15g
17. Saturated : Fat: 5g
18. Cholesterol: 70mg
19. Sodium: 700mg
20. Fiber: 4g
21. Sugar: 4g
22. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. Storage and Leftover Tips: Leftovers of the shredded beef mixture are fantastic! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm them gently in a skillet on the stovetop or in the microwave.
24. More Recipes You'll Love: If you enjoy easy, savory, and satisfying comfort foods, you might also like these other recipes:
25. This : Mexican Chicken and Rice Casserole is my favorite one-pan dinner that's always a hit

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