

CROCKPOT BEEF ROAST- TWO WAYS

NIGHT 1- BEEF ROAST

SERVINGS: 2 (RESERVING
THE OTHER SERVINGS
FOR TACOS)

TOTAL TIME: 8.5-10.5 HRS
(30 MINUTES ACTIVE
TIME)

INGREDIENTS

2-3 lb beef roast
salt and pepper to taste
2 cups beef stock
2 TBSP corn starch

DIRECTIONS

1. Liberally salt and pepper both sides of the roast and place in crockpot. Add stock and cook on low for 8-10 hours.
2. Remove roast from crockpot and place on cutting board covered in foil to rest.
3. Ladle out about 2 cups of the liquid from the crockpot and set aside. Add 2 TBSP of cornstarch to the reserved liquid and whisk until no lumps remain. Slowly whisk this mixture back into the remaining juices in the crockpot. Replace lid and turn up to HIGH. Cook for about 10-15 minutes until it thickens. You can prepare your sides while it cooks.
4. Enjoy! Reserve at least 2 cups of shredded beef for tacos.

CROCKPOT BEEF ROAST- TWO WAYS

NIGHT 2- SHREDDED BEEF TACOS

SERVINGS: 4

TOTAL TIME: 20
MINUTES

INGREDIENTS

1 tsp sesame oil
2 garlic cloves finely chopped
1/2 tsp ground ginger
2/3 cup water
1/2 cup brown sugar
1/3 cup low sodium soy sauce
1 TBSP oyster sauce
2 tsp ground white pepper
2-3 cups leftover shredded beef
Small flour tortillas

Suggested Sides:

Grilled pineapple

Cilantro

Cotija cheese

Pickled jalapeños

Pickled red onion

Spicy Mayo (2 TBSP

mayonaise, 1-2 tsp sriracha, 1-2
tsp lime juice)

DIRECTIONS

1. Combine all the ingredients except for the beef in a saucepan over medium high heat. Bring to a boil then simmer until it begins to bubble and thicken, about 5 minutes.
2. Add the shredded beef and stir to coat. Continue to cook until the sauce continues to thicken and coat the beef, about 3 minutes more.
3. Warm/grill the tortillas and serve with your favorite toppings.