

Shredded Mexican Beef in Slow Cooker or Instant Pot

Ingredients

- 1 cup beef broth
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp cumin
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp dried oregano
- 2 tbsp olive oil
- 3 lb bottom round roast
- 1 cup salsa
- toppings as desired diced tomato, cilantro



Instructions

Pressure Cooker/Instant Pot

1. In a small bowl mix together beef broth and all seasonings.
2. Add roast to bottom of pressure cooker. Pour broth and salsa over top. Place lid on cooker and close steam release valve to sealing position.
3. Cook on manual high pressure for 60 minutes. Allow pressure to release naturally.
4. Remove beef from pressure cooker and shred with 2 forks. Return beef to liquid mixture. Serve with toppings as desired.

Slow Cooker

1. In a small bowl mix together beef broth and all seasonings.
2. Add roast to bottom of slow cooker. Pour broth and salsa over top. Place lid on cooker and set to cook on low heat for 6-8 hours.
3. Remove beef from cooker and shred with 2 forks. Return to liquid mixture. Serve with toppings as desired.

Recipe Notes:

This recipe makes 8 servings. Each serving provides an estimated 38 grams protein, 2 grams carbohydrate and 10 grams fat.

<https://www.foodcoach.me/recipe/shredded-mexican-beef-slow-cooker-or-pressure-cooker/>