

# RECIPE: Mexican Shredded Beef

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## *Slow cooker directions*

**Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.

**Step 2:** Add freezer bag contents into slow cooker.

**Step 3:** Cook on low 8-10 hours.

**Step 4:** Shred the beef directly in the slow cooker with two forks and stir well to ensure everything is evenly coated with the sauce.

**Step 5:** Optional: Serve in tortillas, over rice, cauliflower rice or on top of chips!

## *Instant pot directions*

**Step 1:** Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

**Step 2:** Set to High Pressure for 60 minutes, then allow a 10-minute natural release followed by a quick release.

**Step 3:** Shred the beef directly in the slow cooker with two forks and stir well to ensure everything is evenly coated with the sauce.

**Step 4:** Optional: Serve in tortillas, over rice, cauliflower rice or on top of chips!

***Expiration date:*** \_\_\_\_\_



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