

RECIPE : Mexican Shredded Beef Whole 30

Slow cooker directions

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

Step 2: Dump contents of the freezer bag to a slow cooker.

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

Step 4: Shred the beef, then stir shredded beef in the slow cooker with the sauce (liquid beef cooked in) in the slow cooker.

Step 5: Serve over cauliflower rice. Add your favorite whole 30 taco toppings and garnish with a lime wedge.

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, plus 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, then stir shredded beef in the instant pot with the sauce (liquid beef cooked in) in the instant pot.

Step 4: Serve over cauliflower rice. Add your favorite whole 30 taco toppings and garnish with a lime wedge.

Expiration date: _____



RECIPE : Mexican Shredded Beef Whole 30

Slow cooker directions

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

Step 2: Dump contents of the freezer bag to a slow cooker.

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

Step 4: Shred the beef, then stir shredded beef in the slow cooker with the sauce (liquid beef cooked in) in the slow cooker.

Step 5: Serve over cauliflower rice. Add your favorite whole 30 taco toppings and garnish with a lime wedge.

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, plus 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, then stir shredded beef in the instant pot with the sauce (liquid beef cooked in) in the instant pot.

Step 4: Serve over cauliflower rice. Add your favorite whole 30 taco toppings and garnish with a lime wedge.

Expiration date: _____