

## PULLED BEEF (TACOS)

Makes 12+ large tacos (5+ people). Active cook time: 45 minutes.

### Ingredients (beef):

- 2 lb sirloin tip beef roast
- 5 garlic cloves, minced
- 1 medium white onion, chopped
- 1/2 cup orange juice
- 1 1/2 tablespoon lime juice
- 300 grams of crushed tomatoes
- 1 1/2 cup beef broth
- 1/3 cup water
- olive oil

### Ingredients (spices):

- 1 tablespoon chipolte powder<sup>a</sup>
- 3/4 tablespoon paprika
- 3/4 tablespoon dried oregano
- 3/4 teaspoon All Spice powder
- 3/4 teaspoon coriander powder
- 1 1/2 teaspoon garlic powder
- 1 1/2 teaspoon onion powder
- 3/4 teaspoon salt and pepper

<sup>a</sup>I found this at Langley Farm Market. If you can't find, substitute equal parts *smoked* paprika, cumin, cayenne.



### Instructions:

- (1) Start prep **3.5 hours** before dinner. Remove roast from fridge and let sit at room temp while you gather ingredients. Cut excess fat off roast (too much fat gives beef a tough stringy texture) and dab off moisture with paper towel. If you go with a different cut of beef (like a 'eye-of-round'), you may have to do more fat trimming.
- (2) Mix spices thoroughly and sprinkle half (or a bit more) of it on all sides of the beef (pat so it sticks).
- (3) Heat olive oil in a large pot on high on the stove. When *hot*, add the beef and brown on all sides (approx 1-2 min per side). Remove onto a plate.
- (4) Add a bit more oil (the pot will be dry after frying the beef), then add onion and garlic to hot pan and cook until soft.
- (5) Add orange juice, lime juice and scrape bottom of pot to mix the brown stuff into liquid.
- (6) Add tomato, beef stock, water, and remaining spice mix. Stir and return beef to pot.

- (7) Put lid on and bring to simmer for min 2 hours (up to 3 hours).
- (8) Remove beef from sauce and shred with 2 forks. Leave the sauce on the stove on low to reduce. You can use an immersion blender to make the sauce smooth if you wish.
- (9) Toss beef back into thickened sauce and serve. It will spicy but not “holy shit spicy”. To appease a crowd that has different spice tolerances, you can remove half the sauce and serve it as a side dish for those who like to spice-it-up!