

Shredded Beef for Tacos

1 (2 lb.) boneless beef roast
1 Tbsp. canola oil
1 onion, sliced
4 cloves garlic, minced
1/2 Tbsp. tomato paste
3/4 cup beef broth
1/2 tsp. parsley
2 tsp. chili powder (I use a [hot version](#))
1.5 tsp. cumin
1/2 tsp. cayenne
1/2 tsp. paprika
1/2 tsp. oregano

Heat a large, heavy bottomed skillet over medium high heat, and add the oil. Sprinkle the beef roast liberally with salt and pepper. Once the oil is hot, add the roast to the pan and brown on all sides, about 2 minutes per side. Place in the crockpot.

To the pan, add the onion and cook for about 2 minutes before stirring in garlic and tomato paste. After another minute, stir in the beef broth and spices. Scrape up any browned bits, and then pour the seasoned broth and onions over the top of the roast.

Cook on low for 8-10 hours. Shred with a fork. (To soak up any extra liquid, you can turn the crockpot to high for a little bit after shredding the beef.)