



Spin Your Own Axis

Slow Cooker Shredded Beef Tacos

I may have said this over and over again. Slow cookers are a life saver; with our busy schedules anything to save us time and stress is golden. If you have a busy weekend and little time to meal prep- this recipe is so your jam!



- **Prep Time:** 15 minutes
- **Cook Time:** 10 hours (You can leave cooking alone, so not work needed from you)
- **Total Time:** 15 minutes (After meat is cook you will need 15 minutes or less to prepare)
- **Serving:** 5

Ingredients

- 5oz. roast beef (total of 25 oz. for 5 servings)
- 2 tablespoons olive oil
- 2 teaspoons Garlic powder
- 1 envelope of tacos seasoning
- 1/4 teaspoon pepper
- 2 tablespoons oregano
- 1 tablespoon cloves
- 4 limes
- 2 red onions
- 1 pack of reduced carb whole wheat flour tortillas (from Trader Joes or any of your choice, or you can opt to make your own homemade. I occasionally do homemade tortillas, but the chist here is to save us time during the work week.)

Instructions

1. Marinate roast beef with garlic, taco seasoning, black pepper and lime.
2. Use crock pot, add 2 tbsp. of olive oil and place roast beef to cook on high for the first 5 hours, and then reduce heat to low for the remainder of 5 hours. (I usually leave overnight on low for remainder of time and the beef is cooked perfectly and super soft.)
3. While beef cooks overnight if preferred to use this method. You will cut 2 red onions into thin, but very thin slices. Soak in lime juice. Use 3-4 limes.
4. Season red onions with salt (your choice), 2 tbsp of oregano and 1 tbsp of cloves and leave soaking for 2-3 hours or overnight.
5. Once ready to eat, heat tortillas on the a grilling pan or prepare your homemade tortillas. Place beef on tortilla, then add the delicious limey red onions ontop!
6. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat using #spinyourownaxis #kitchenitwithscar hashtags!

Nutrition Facts

- **Serving Size:** 1/5
- **Carbohydrates:** 48g
- **Fat:** 16g
- **Protein:** 25g
- **Fiber:** 3g
- **Calories:** 446
- **Sodium:** 415mg
- **Sugar:** 2g
- **Iron:** 8%