Shredded Beef Tacos

Serves 8

4 lb boneless chuck beef roast

2 large yellow onions, sliced

6 garlic cloves

2 tbsp fresh lime juice

4 tbsp freshly squeezed orange juice

4 tbsp coconut aminos

1 tsp ground cumin

½ cup water or good quality beef stock

Sea salt & freshly ground black pepper to taste

24 romaine lettuce leaves

Favorite taco toppings (i.e. tomatoes, avocado, shredded carrot, bell peppers)

Lime wedges

* Set up crock-pot on low.
* Peel the garlic cloves and slightly open them by smashing them with the side of a chef’s knife.
* Make a little slice in the beef long enough and deep enough to fit the 6 garlic cloves inside.
* Season the beef all over with sea salt and black pepper to taste.
* Place roast inside the crock-pot and add the onions, lime juice, orange juice, coconut aminos, cumin, and water or beef stock.
* Cover and cook on low for 6-8 hours, or until internal temperature reaches 160 F.
* When the beef is cooked, transfer it to a shallow dish and break it apart gently with a fork.
* Spoon the remaining juices in the crock-pot into the shredded beef to desired consistency.
* Divide approximately 3 cups of shredded beef between 12 lettuce leaves (like a taco shell). Top with your favorite taco toppings and sprinkle with lime juice if desired.