

Hensleigh Healthy Beef

Shredded Beef

Ingredients:

1 Chuck roast OR 2 packages of soup bones OR cross rib shanks

5 cloves of garlic

1 tsp pepper

2 bell peppers, sliced with green chiles

6 cups water

1 heaping tsp salt

2 white onions, sliced

2 (14oz) cans diced tomatoes

Day 1:

Place meat or bones in crock pot

Add garlic, salt and pepper.

Cover with water

Cook on medium 6-8 hours.

Refrigerate overnight.

Day 2:

Remove bones and fat

Separate meat with a fork

Reheat with crock pot

Add onions, bell peppers, and tomatoes

Cook on low all day.

Courtesy of Michele and Linda