

Instant Pot Shredded Beef Recipe for Tacos

by Imperfectly Happy Homesteading

Instant Pot Shredded Beef Recipe for Tacos - Ingredients

4 lbs chuck roast

Coconut Oil for Browning

1 Cup Beef Broth

1 Jar of Chunky Salsa

2 Small Cans of Diced Green Chilies

Handful Fresh Cilantro, chopped

3 - 4 Cloves of Garlic, minced

1 Small Onion, chopped

1 Tbl Dried Oregano

Salt & Pepper to Taste

Instant Pot Shredded Beef Recipe for Tacos - Directions

1. Turn your Instant Pot pressure cooker to the Sauté setting and allow it to heat up
2. While it is heating up salt and pepper one side of your chuck roast
3. Once the Instant Pot display says hot, add your coconut oil to the pot
4. Immediately put in the chuck roast, seasoned side down
5. Salt and Pepper the other side of the roast while it is browning
6. Brown both sides for about 5 minutes each (please don't skip the browning step – it makes all the difference!)
7. Pour the beef broth, chunky salsa, diced chilies over the beef
8. Add the rest of the ingredients on top
9. Close and lock your lid
10. Now set your Instant Pot to Meat/Stew and adjust the time to 65 minutes
11. Once the cooking is completed allow for a natural release of about 20 minutes (if you open the vent you risk the beef being tough)
12. Careful removing your chuck roast – it will be falling apart
13. Shred your meat for tacos or burritos
14. Now you can use this delicious shredded beef for tacos, burritos or bowls (like Chipotle)