

Chipotle Beef Tacos with Pico De Gallo (Slow Cooker)

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Servings: 4

*1 can (10 ounce) tomato sauce
1 tablespoon chopped chipotle in adobo
1 tablespoon adobo sauce
1/2 teaspoon ground cumin
Kosher salt
pepper
1 large red onion
2 cloves garlic, finely chopped
2 pounds lean beef chuck, well trimmed and cut into two-inch pieces
4 plum tomatoes, cut into 1/4-inch pieces
1 small jalapeno, seeded and finely chopped
2 tablespoons fresh lime juice
1/4 cup fresh cilantro, chopped
8 small corn or flour tortillas
diced avocado (for topping)
sour cream (for topping)
lime wedges (for serving)*

Preparation Time: 25 minutes

Slow Cooker Time: 8 hours 25 minutes

In a five- or six-quart slow cooker, whisk together the tomato sauce, chipotle, adobo, cumin and 1/2 teaspoon salt. Thinly slice three-quarters of the onion (reserve the rest for later). Add it to the slow cooker along with the garlic. Toss to combine. Nestle the beef in the mixture.

Cook, covered, until the beef is cooked through and shreds easily, 4-1/2 to 5-1/2 hours on HIGH or seven to eight hours on LOW.

10 minutes before serving, make the pico de gallo: Finely chop the remaining onion. In a bowl, toss the onions, tomatoes, jalapeno, lime juice, cilantro, 1/4 teaspoon of salt and 1/4 teaspoon of pepper.

Warm the tortillas.

Spoon off and discard any fat in the slow cooker. Using two forks, shred the beef.

Fill the tortillas with the beef mixture. Top with pico de gallo, avocado and sour cream, if desired.

Serve with additional lime wedges, if desired.

Per Serving (excluding unknown items): 82 Calories; 2g Fat (24.9% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 425mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat.