

Crockpot Beef Brisket Tacos

Prep Time: 15 minutes

Cook Time: 4-8 hours

Total Time: 4-8 hours

Servings: 8-12 servings (if 3 lbs)

Serving Size: About 4 ounces brisket

Ingredients:

3-5 pounds of grass-fed beef brisket
 1 large yellow onion, coarsely chopped
 6-8 cloves of garlic, sliced in half lengthwise
 1-2 jalapenos, de-seeded and roughly chopped*
 (optional – leave it out if you don't like spice or can't do nightshades)
 1 cup cilantro, chopped
 ½ cup organic beef broth
 1 small head green cabbage or lettuce for “taco shells”
 2 avocados, deseeded, peeled, and sliced
 ½ cup fresh cilantro, chopped for garnish
 4-6 limes, quartered
 Salsa (optional)*

Spice Rub:

4 teaspoons sea salt
 1 teaspoon ground pepper*
 1 teaspoon ground turmeric
 1 teaspoon cumin
 1 teaspoon coriander
 1 teaspoon onion powder
 1 tablespoon chili powder*

Directions:

1. Combine spice rub ingredients into a small bowl and mix well to combine. **
2. Plug in your Crockpot and turn it on low, then add the chopped onions, garlic, jalapeño, and cilantro. Then pour ½ cup organic beef broth on top.
3. Slice brisket into three large pieces, keeping the fat on, and rub generously with the spice rub. Make sure to get all sides well coated; use your fingers and rub it into the meat.
4. Place brisket in the Crockpot on top of the veggies and then squeeze the juice of 1 large lime or 2 small limes on top of the meat evenly.
5. Cover the Crockpot and cook on low for 6-8 hours.
6. Pull out the brisket and place on a cutting board or in a serving dish, then use two forks to shred the meat and slice as needed. NOTE: If it doesn't pull apart fairly easily, you may still need to cook it a little longer.
7. Ladle 1 cup broth from the Crockpot and then pour it on top of the shredded beef to give it some extra flavor and moisture.
8. Serve shredded brisket inside cabbage or lettuce wraps or on top of a bed of coleslaw.
9. Garnish with fresh cilantro, salsa*, and avocado. I also like to squeeze a little fresh lime on top to bring all the flavors together.
10. Enjoy!

Tips and Tricks:

This is a great meal to feed a big group of people. Just add some side dishes and you are good to go! I make it for my family of four and it gives us each 3 meals that week. Makes for a great lunch to go in a wrap or on a salad.

*Leave these items out if you are sensitive to nightshades or don't like spicy foods. This dish will still come out amazing, I promise!

**I like to double this spice rub, so I've already got some on hand for next time. You can store it in a small jelly jar/glass container for up to 3 months.

Nutritional Information Per Serving:

Calories: 277.3
Fat: 11.9 g
Cholesterol: 56.0 mg
Sodium: 1080 mg
Total Carbohydrate: 11.3 g
Dietary Fiber: 5.7 g
Sugars: 1.7 g
Protein: 32.3 g