



# BARBACOA BEEF TACOS

by Chef David Cocker

## USING: REUVEN FULLY COOKED SHREDDED BEEF

Prep & Cook Time: 60 minutes

Servings: 4-5

### INGREDIENTS

1 tbsp (15 ml) vegetable oil  
1/4 white onion, thinly sliced  
12 oz (340g) Reuven Fully Cooked Shredded Beef (Product Code B03740), thawed  
2 garlic cloves, minced  
1 tbsp (15 ml) ground cumin  
1 tbsp (15 ml) oregano, dried  
1-2 chipotle chilies in adobo sauce  
1 cup (250 ml) beef stock  
1 bay leaf  
  
10-12 soft tortilla shells, warmed

### Taco toppings

1/2 avocado, sliced  
1/4 cup (60 ml) bell pepper, diced  
1/4 onion, diced  
1/2 tomato, diced  
1/4 jalapeno, sliced  
1/2 cup (125 ml) sour cream  
1/2 cup (125 ml) salsa  
1 lime, sliced

### PREPARATION

In a sauté pan over medium heat, add oil, garlic, cumin, oregano and onion, cook for 2-3 minutes. Add Reuven Fully Cooked Shredded Beef and heat for 3-4 minutes to brown.

Add chipotle, beef stock and the bay leaf. Bring to a simmer and continue to cook for 45 minutes.

Serve the beef mixture in warmed tortillas, topped with suggested toppings, or use your favorite.



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