



**LOEFFEL MEAT SHOPPE**

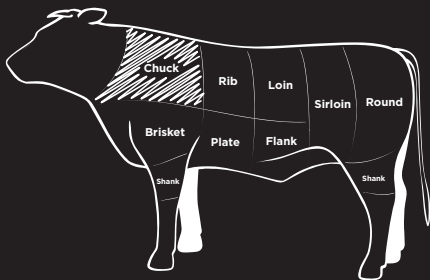
# ***SLOW COOKER KOREAN BEEF TACOS***

***FEATURING  
7-BONE ROAST -OR- CHUCK ROAST***



## **Meat Cut Information**

This large primal comes from the shoulder area and yields cuts known for their rich, beefy flavor. Features roasts ideal for slow-cooking as well as more tender, grill-ready cuts such as the Flat Iron Steak.



For more information about this recipe, including nutrition and meat cut information, alternative cooking methods, or to view it on the web, scan the QR code with the camera app on your smartphone.

# Slow Cooker Korean Beef Tacos

(12 servings)

Korean Beef	Cabbage Slaw	Other ingredients
3 lbs. beef chuck roast or 7-bone roast, trimmed	3 c. purple cabbage, shredded	12 small flour or corn tortillas
½ c. brown sugar	1 c. carrots, grated	½ c. low-fat sour cream
½ c. low-sodium soy sauce	2 green onions, finely chopped	2 tsp. Sriracha sauce
10 garlic cloves, minced	¼ c. cilantro, chopped	¼ c. cilantro, chopped (optional)
½ c. low-sodium beef broth	2 Tbsp. lime juice	2 avocados, sliced (optional)
2 Tbsp. fresh ginger root, grated	½ Tbsp. soy sauce	2 limes, sliced (optional)
2 Tbsp. lime juice	½ tsp. sesame oil	
2 tsp. sesame oil	½ Tbsp. sesame seeds	
	¼ tsp. salt (optional)	

1. Wash hands with soap and water.
2. Rinse produce under cool running water.
3. Place beef in the slow cooker. Wash hands after handling uncooked meat.
4. In a medium bowl whisk together the brown sugar, soy sauce, garlic, beef broth, ginger, lime juice, and sesame oil. Pour the mixture over the beef.
5. Cover and cook on low for 10-12 hours, until tender.
6. While beef is cooking, in a large mixing bowl, toss all the ingredients together for the cabbage slaw. Refrigerate until needed.
7. In a separate small bowl, prepare spicy sour cream by stirring together the ½ cup sour cream with the 2 teaspoons of Sriracha sauce. Refrigerate until needed.
8. Remove beef from the pot and shred or chop. Add ½ cup of liquid to the beef and combine.
9. Toast tortillas if desired. Top with shredded beef, cabbage slaw and spicy sour cream.
10. Top with cilantro, avocado slice, and squeeze some lime juice over the top, if desired.
11. Store leftovers in a sealed container in the refrigerator for up to four days.



## Nutrition Information per Serving (1 taco):

Calories 320, Total Fat 11g, Saturated Fat 3g, Cholesterol 95mg, Sodium 430mg, Total Carbohydrates 22g, Fiber 1g, Total Sugars 6g, includes 4g Added Sugars, Protein 34g, Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 10%.

# EXTENSION

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