

Machaca (Mexican Shredded Beef)

<http://userealbutter.com/2014/02/25/machaca-mexican-shredded-beef-recipe/>
from [*The Border Cookbook*](#)

3 lbs. boneless shoulder beef chuck roast
salt for seasoning
pepper for seasoning
4 tbsps bacon drippings or vegetable oil
1 cup beef stock
1 medium onion, diced
2 cloves garlic, minced
1/2 cup water (if using pressure cooker)
3 small tomatoes, diced
1/2 cup (2 large) roasted green chiles, peeled, seeded, and diced
1 tbsp fresh lime juice

Season the beef on all sides with salt and pepper. Heat 2 tablespoons of the fat over high heat in your pressure cooker or large pot. Sear the meat on all sides until browned. Reduce the heat to low and pour the beef stock over the meat. Add half of the onion and half of the garlic.

If using a pressure cooker: Pour another 1/2 cup of water into the pot. Cover and seal the pressure cooker and set it to high. Increase the heat to high. When pressure is reached, let cook for 50 minutes (1 hour at 8500 ft.), then turn off the heat and let the pressure cooker decompress (natural release).

If cooking on conventional stove: Cover the pot with a lid and simmer for 75 minutes or until tender and falling apart.

Remove the meat and reserve the cooking liquid. Shred the beef with your fingers, two forks, or a food processor fitted with a plastic dough blade. I like to discard the excess fat and connective tissue during this process. In a pan or skillet, heat the remaining 2 tablespoons of fat over medium heat and sauté the rest of the onion and garlic until it becomes soft. Add the meat and sauté until well-browned. This takes about 10-12 minutes. Scrape the bottom of the pan every minute or so to allow the beef to brown and crisp in places, but not burn. Stir in the cooking liquid, tomatoes, chiles, and lime juice. Reduce the heat to low and cook for 25 minutes until most of the liquid is gone, but the beef is still moist. Season with salt and pepper to taste. Makes about 6 cups of shredded beef.