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## ***Shredded Beef and Bean Slow-Cooker Tacos***

- 1 Pound flank steak, fat trimmed
  - 1 1/4 Cup beef broth
  - 1 Tsp chili powder
  - 1/2 Tsp cumin
  - 1/4 Tsp dried oregano
  - 1/4 Tsp kosher salt
  - 1 Can black beans, rinsed
- Optional add-ins: 1 cup diced tomatoes or 1 can green chilies tortillas

- 1) 1 Add beef broth, chili powder, cumin, oregano, and salt to a slow-cooker and stir to combine.
- 2) 2 Place the flank steak in the slow-cooker and cover with the lid. Cook on high for 4 hours or on low for 8 hours.
- 3) 3 After the steak has finished cooking and is falling apart, transfer it to a cutting board. With a fork shred the meat. Return it to the slow-cooker and add the beans. At this time you can add tomatoes or green chilies, if you desire, to boost the flavors. Stir to combine and cook for an additional 5 minutes or until the beans are warmed through. Serve on tortillas.

Makes 4-6 Servings

