

Shredded beef chuck

Ingredients:

- 1.5–2 kg beef chuck, cut into large chunks
- 2 tbsp animal fat, tallow, butter or ghee
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- ½ tsp dried thyme or mixed herbs
- ¼ tsp cayenne pepper
- 1 tsp chili flakes (for Mexican variation)
- 1–2 cups bone broth (or water, or a mix) – enough to reach halfway up the meat
- 3–4 garlic cloves (optional, for added flavour)

Method:

1. **Brown the Beef:**
Heat a large skillet over medium-high heat with the fat of your choice. Sear the beef chunks on all sides until browned (about 3–4 minutes per side). This adds a deep, meaty flavour to the final dish.
2. **Load the Pot:**
Transfer the browned meat to your slow cooker or pressure cooker. Add salt, pepper, paprika, herbs, cayenne (if using), and chili flakes for a spicier version. Toss in whole garlic cloves if desired.
3. **Add Liquid:**
Pour in bone broth (or a mix of broth and water) until it comes halfway up the meat — do not submerge fully. The steam will help tenderize the meat while intensifying the flavour.
4. **Cook Until Tender:**
Slow Cooker: Cook on Low for 7–8 hours or High for 4–5 hours.
Pressure Cooker/Instant Pot: Cook on High Pressure for about 50–60 minutes.
Natural release is best to keep the meat juicy.
5. **Shred the Beef:**
Remove the beef and shred with two forks. If it doesn't pull apart easily, it needs a little more time.

Optional – Reduce the Juices:
For extra flavor, simmer the remaining liquid until reduced by half and toss the shredded beef back in for extra richness.

Serving Ideas:

- Serve in lettuce cups for a low-carb taco
- Pile onto roasted veg or cauliflower rice if you're keto

Top with a fried egg for a carnivore-style hash

Spoon into an omelette or frittata

Serve in a [carnivore wrap](#)

