

Shredded Beef

This flavorful shredded beef can be cooked ahead and added to your favorite dish. I like to use it for burritos, tacos, and enchiladas.

Makes 3 cups of shredded beef.

Ingredients

- 1 tablespoon olive oil
- 2 pounds beef stew meat, trimmed of fat
- 1 teaspoon cumin
- 1 teaspoon mild chili powder
- 1 teaspoon paprika
- 1 star anise pod
- 1 (15 ounce) can fat free, reduced sodium beef broth

Directions

Warm the oil in a large stockpot over high heat. Brown the beef 5 to 6 minutes turning once or twice. Reduce the heat to medium and add the cumin, chili, paprika, and star anise. Cook an additional minute until the spices become fragrant. Add the beef broth and bring to a slow boil. Reduce to a simmer and cover.

Cook 1 to 1/2 hours until the beef is tender, adding a little water if the beef starts to stick. Cool slightly then shred with your fingers or two forks.

Make It A Meal

Serve with tacos, black bean soup or refried beans.