

Slow Cooked BBQ Beef Tacos

1 bonless beef chuck roast
1 onion, Chopped
1 recipe Chiptole BBQ Sauce
Flour Tortillas
Salt and pepper
Hot sauce

1. Cut roast into several smaller chunks and add to crockpot/slowcooker
2. Add onions,
3. Stir in BBQ sauce and add a few drops hot sauce if desired
4. Cook on low 8-9 hours or until meat is tender
5. Pull apart with for or chop finely
6. Serve with lettuce, tomatoes, cheese, sour cream and chopped onion