

Crock-pot carne asada

FOOD-041 / REV A / 2026.09.01

Make slow-cooked carne-asada-style shredded beef; it will be braised rather than the charred sliced steak of traditional grilled carne asada. New complete recipe, about 6-8 servings. This is a slow-cooker adaptation, not a recovered exact recipe.

STATUS	Recovered/Partial
CLASSIFICATION	FOOD
MATERIAL	KITCHEN / RECIPE
DISPOSITION	PUBLIC / RECOVERED/PARTIAL
CATEGORY	Cooking
RECORD TYPE	recipe

TECHNICAL NOTES

Make slow-cooked carne-asada-style shredded beef; it will be braised rather than the charred sliced steak of traditional grilled carne asada.

GOAL

Run the first test described in this guide and record the result for crock-pot carne asada.

A RECIPE TO MAKE / ADDED TO THIS RECORD

Citrus-seasoned chuck with a complete slow-cooker method and taco serving quantities.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

CITRUS SLOW-COOKER BEEF FOR TACOS

Adapted from FOOD-041's measured method; serving quantity and the complete ingredient list are organized here without claiming a recovered test result.

YIELD	6-8 servings, about 16 small tacos
PREP / WAIT	20 minutes
COOK	8-10 hours on low or 4-6 hours on high

RECIPE INGREDIENTS

- 2-3 lb boneless chuck roast, completely thawed
- 1 medium onion, sliced
- 4 garlic cloves, minced
- 1/4 cup orange juice
- 2 tbsp lime juice
- 1/2 cup low-sodium beef broth
- 2 tsp ground cumin
- 2 tsp chili powder blend
- 1 tsp dried oregano
- 1 tsp fine salt, reduced if broth is salty
- 16 small tortillas
- 1 lime, cut into wedges, for serving

RECIPE METHOD

1. Place onion and garlic in a slow cooker of a suitable size; follow the appliance's recommended fill range. Add orange juice, lime juice and broth.
2. Mix cumin, chili powder, oregano and salt, rub over the beef and place it on the onions. Cover and switch on immediately.
3. Cook on low 8-10 hours or high 4-6 hours. Keep the lid closed except to check near the end. Continue until the meat pulls apart easily with two forks; chuck often needs about 195-205°F for tenderness.
4. Shred the beef, discard large pieces of fat and toss with enough hot cooking liquid to keep it moist.
5. For browned edges, spread a portion on a rimmed pan and broil 3-5 minutes under close watch. Warm tortillas according to their package and fill with beef; serve lime wedges alongside.

RECIPE NOTES & STORAGE

- This is slow-cooked carne-asada-style beef; the citrus flavor follows FOOD-041, while the tenderness comes from braising chuck.
- Start with thawed beef. Cool leftovers in small shallow containers, refrigerate within 2 hours, and use within 3-4 days at 40°F or below. Reheat to 165°F using the stove, microwave or oven before optional hot holding.

RECIPE BASIS & REFERENCES

FOOD-041 source record

<https://u225x.com/record/FOOD-041>

USDA: slow cookers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/slow-cookers-and-food-safety>

USDA: leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

ORIGINAL RECORD / RETAINED NOTES

SOURCE STATE

New recipe or technique reference; not a recovered exact recipe

PREPARATION / NOTES

New complete recipe, about 6-8 servings. This is a slow-cooker adaptation, not a recovered exact recipe.

INGREDIENTS

- Exact quantities were not preserved in the manifest entry; add the recovered batch sheet when available.

METHOD / STEPS

1. Use 2-3 lb thawed beef chuck roast, 1 sliced onion, 4 minced garlic cloves, 1/4 cup orange juice, 2 tablespoons lime juice, 1/2 cup beef broth, 2 teaspoons cumin, 2 teaspoons chili powder, 1 teaspoon oregano and about 1 teaspoon fine salt adjusted for broth.
2. Place onion and liquids in the slow cooker, add seasoned beef and cover. Cook on low roughly 8-10 hours or high 4-6 hours, following the cooker's capacity guidance.
3. Continue until fork-tender; shred and toss with enough cooking liquid to stay moist. The temperature needed for tender chuck is usually well above the minimum safe whole-cut temperature.
4. For browned edges, spread a portion on a pan and broil briefly under close watch. Finish with fresh lime and serve in tortillas.

THINGS TO WATCH FOR

Thaw before slow cooking. Do not use the warm setting to cook raw meat. Keep the lid on, refrigerate leftovers promptly and reheat leftovers to 165°F.

FIRST TEST / WHAT TO RECORD

The beef shreds easily without being dry, and flavor is adjusted after mixing with the reduced cooking juices.

RESULT / WHERE THIS STANDS

The beef shreds easily without being dry, and flavor is adjusted after mixing with the reduced cooking juices.

TROUBLESHOOTING

- Thaw before slow cooking. Do not use the warm setting to cook raw meat. Keep the lid on, refrigerate leftovers promptly and reheat leftovers to 165°F.

SAFETY / LIMITATIONS

- Treat this as a public recipe note, not a substitute for current food-safety guidance.

SPECIFICATION

TYPE	Kitchen / recipe
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SOURCE	Recovered notes and content manifest
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VALIDATION	Next test should record batch, temperature, time, and result
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DEVELOPMENT HISTORY

2026.09.01 / Rev A

Imported as an independent manifest record; public copy keeps uncertainty visible.

REFERENCE NOTES

USDA slow-cooker guidance

(<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/slow-cookers-and-food-safety>), USDA safe temperatures

(<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>).

HOW-TO SOURCES

USDA slow-cooker guidance

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/slow-cookers-and-food-safety>

USDA safe temperatures

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

RELEASED MATERIAL / SOURCE LINKS

food-041-public-summary.txt

PUBLIC SUMMARY / RECOVERED NOTES

<https://u225x.com/downloads/manifest-records/food-041-public-summary.txt>

RETURN TO THE LIVING RECORD

Crock-pot carne asada

This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/FOOD-041>