**Mexican Shredded Beef or Venison**

Spice Mix

* 2 teaspoons chipotle powder
* 1 tablespoon paprika, smoked or sweet
* 1 tablespoon dried oregano
* 1 teaspoon All Spice powder
* 2 teaspoons coriander powder
* 1 teaspoon cumin
* 2 teaspoon onion powder or garlic powder OR 1 teaspoon of each
* 1 teaspoon pepper

Meat

* 1 - 2 tablespoons vegetable oil
* 3 pound roast beef (round, chuck, shoulder or flank) or venison cut into 4 pieces
* 4 garlic cloves, minced
* 1 onion, chopped
* 6 ounces orange juice
* 2 tablespoons lime juice
* 14 ounce can crushed tomatoes
* 2 ½ cups beef or chicken broth/stock
* Salt and pepper to taste
* Combine the Spice Mix ingredients in a bowl. Sprinkle 4 teaspoons over the beef and press so it sticks.
* Preheat the oven to 325°.
* Heat the vegetable oil in a large heavy based pot over high heat. Add the beef (in batches if necessary) and brown well on all sides. Remove onto a plate.
* Reduce the heat to medium. If the pot looks dry, add more vegetable oil.
* Add the garlic and onion and cook for 3 minutes until soft.
* Add the orange juice and lime juice, and scrape the bottom of the pot so the brown bits mix into the liquid.
* Add tomato, beef stock, and remaining spice mix. Mix, then return beef into pot.
* Put the lid on, bring to a simmer then place in the oven for 2 -3 hours, or in a crock pot on low for 8 hours.
* Remove the beef from sauce, shred with 2 forks.
* Leave the sauce to simmer with the lid off for 10 to 15 minutes to reduce and thicken to your taste. Adjust salt to taste.
* Toss beef back into the sauce.

May use in tacos, burritos, enchiladas, quesadillas. Serves 8. May also freeze some for later.

**Guacamole**

°3 medium avocadoes, chopped

°½ cup red onion, chopped (or 1 tsp. onion powder)

°1 cup tomato, chopped

°2 tablespoons cilantro, chopped

°2 tablespoons lemon juice

°½ teaspoon salt and pepper

Combine the ingredients together in a medium bowl.

*Serves 6 - 8*