

# Shredded Chuck Roast (Sous Vide)

August 27th, 2025

**This recipe serves: 12**

Prep Time: 00:15

Cook Time: 16:00

Pulled beef is typically made with chuck roast, cooked slowly. The long cook time will break down connective tissues, making the beef tender enough to easily shred. This recipe is perfect for tacos, enchiladas, or even a roast beef sandwich.

## Ingredients:

3 lbs Beef Chuck Roast or Beef Boneless Shoulder Roast

1 Teaspoon Table Salt

2 Teaspoon Garlic Powder

2 Tomatillos

1 Poblano Pepper

## Directions:

Sprinkle the Salt across both sides of the Chuck Roast.

Spread the Garlic Powder across both sides of the Chuck Roast, as well.

Place the Chuck Roast into a Sous Vide bag, in a single layer.

Cut each Tomatillo into about 6 slices and add to the Sous Vide bag.

Cut the Poblano Pepper lengthwise into quarters and add to the Sous Vide bag.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

## Sous Vide at 175° F for 16 hours.

Remove the bag from the Sous Vide.

Cool the bag in the refrigerator or an ice bath for an hour or two, to solidify the liquid fat.

The unopened bag can be refrigerated up to 4 weeks or frozen up to 6 months.

Open the bag and reserve the Au Jus for the Finishing Sauce.

Remove the Roast from the bag.

Remove the solidified Fat (the Beef Tallow) from the Au Jus and reserve.

Shred the Meat.

Add the liquid Au Jus back into the Shredded Meat.

Serve.