



Beef Barbacoa

This slow cooker beef barbacoa packs a great flavor with fresh cilantro and Mexican spices. Great as a double batch that can be used for several different Mexican dishes or even frozen for later.

Prep Time: 10 min.

Cook Time: 8 hrs. 20 min.

Ready In: 8 hrs. 30 min.

Serving Size: 8 servings

Ingredients

- ✓ 2 lbs. boneless beef chuck roast
- ✓ 1/2 cup packed cilantro leaves
- ✓ 6 to 12 oz. chipotle peppers in adobo
- ✓ Juice from one freshly squeezed lime
- ✓ 5 cloves of garlic
- ✓ 1 tbs. cumin
- ✓ 2 tsp. chili power
- ✓ 2 tsp garlic power
- ✓ 2 tsp dried oregano
- ✓ 6 oz. beef broth
- ✓ 6 oz. Mexican beer
- ✓ 1 bay leaf

Directions

1. In a medium sized food processor pulse garlic and cilantro leaves until minced. Add chipotle peppers and sauce, lime juice, cumin, chili powder, garlic powder, and oregano. Secure lid and process until just blended. (If no food processor simply mince ingredients with knife and mix).
2. Place beef in bottom of a slow cooker. Spread 1/2 of chipotle mixture over the top of the roast. Flip roast over and spread remaining mixture over other side. Pour beer and beef into slow cooker along the side so it does not wash chipotle mixture off the roast. Add bay leaf then cover and cook on low for 8 to 10 hours.
3. Remove roast to a cutting board. Remove bay leaf and skim fat off top of cooking liquid if needed. Slice beef into chunks and then shred into pieces with forks. Return to slow cooker, stir meat to soak up liquid, and allow beef to reheat by leaving in cooker for another 20 to 30 minutes.
4. Serve as a filling for tacos, burritos, enchiladas, nachos, quesadillas, or in a salad bowl. Refrigerate leftovers for great meals through the week.

Nutrition

Amount per serving

- ❖ Calories: 193
- ❖ Total Fat: 8 g
- ❖ Total Carbs: 3 g
- ❖ Protein: 23 g
- ❖ Cholesterol: 74 mg
- ❖ Sodium: 214 mg
- ❖ Potassium: 393 mg