



BEEF BARBACOA

INGREDIENTS

- 2 Tbsp vegetable oil
- 1 (1 ½ lb) beef roast, cut into 4 to 6 pieces
- ⅓ c apple cider
- 4 chipotle peppers in adobo sauce
- 3 Tbsp lime juice
- 4 cloves garlic
- 1 Tbsp + 1 tsp ground cumin
- 1 serrano chili pepper, chopped (Optional. You may also use a fresh jalapeno)
- 1 tsp ground cayenne pepper (Optional. If you like heat, add up to 1 Tbsp)
- 2 ½ tsp dried oregano
- 1 tsp ground black pepper
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp ground cloves
- 1 c chicken broth
- 1 small onion, finely chopped
- 3 bay leaves

DIRECTIONS

1. Heat oil in a large skillet over low heat, gradually increasing heat to medium-high. Add beef chuck pieces; cook until browned, about 10 seconds per side. Transfer beef to a slow cooker.
2. Combine apple cider, chipotle peppers, lime juice, garlic, cumin, serrano pepper, cayenne pepper, oregano, black pepper, garlic powder, salt, and ground cloves in a blender or food processor; blend until smooth. Pour over beef in the slow cooker.
3. Stir chicken broth, onion, and bay leaves into the slow cooker.
4. Cook on Low until beef is fork-tender, 6 to 8 hours. Shred beef using 2 forks.
5. Use barbacoa and your favorite toppings to make your tacos, burritos or burrito bowl!



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SHOPPING LIST

Vegetable oil
Apple cider
Chipotle peppers in adobo
sauce
Lime juice
Garlic
Ground cumin
Serrano chili pepper,
chopped (Optional. You may
also use a fresh jalapeno)
Ground cayenne pepper
(optional)
Dried oregano
Black pepper
Garlic powder
Salt
Ground cloves
Chicken broth
Onion
Bay leaves

SIDE OPTIONS

White or Brown Rice
Chips and Guacamole
Fajita Vegetables