

Title: Slow Cooker Barbacoa Beef

<u>Code</u>
DF, GF

<u>Nutrition Facts:</u>	
Yield	7 servings
Calories	266
Total Fat	9g
Sat Fat	2g
Sodium	216mg
Added Sugar	0g
Fiber	1g
Carbohydrates	4g
Protein	41g

Ingredients Needed:

- 3 Pounds Chuck Roast (Beef) Fat Trimmed, Cut into 2 in chunks
- 4 Cloves Garlic, Minced
- 1 (4.5 oz.) Can Chopped Green Chiles
- 2 Chipotles in Adobo Sauce, Chopped
- 1 Small White Onion, Finely Chopped (1 cup)
- ¼ Cup Lime Juice
- 2 Tablespoon Apple Cider Vinegar
- 3 Bay Leaves
- 1 Tablespoon Ground Cumin
- 1 Tablespoon Oregano
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- ¼ Teaspoon Ground Cloves
- ½ Cup Water



Recipe Directions:

1. Combine all ingredients in the bowl of a slow cooker. Toss gently to combine fully.
2. Cover and cook on low for 6-8 hours OR Cook on high for 3-4 hours. Cook until beef is tender and falls apart easily when shredded with a fork.
3. After tender, take two forks and shred beef in the slow cooker. Let shredded beef soak up juices in slow cooker for 12 minutes. Remove the Bay leaves.
4. Serve and Enjoy!
5. For storage: Refrigerate the barbacoa beef with its juices in a sealed container for up to 5 days. Freeze it up to 3 months