

Slow Cooker Beef Barbacoa

(Mild to medium spicy)

This is a super easy recipe that only takes about 10 minutes to throw together in the slow cooker. I prefer the low and slow method so I cook it on low. If you are away from your kitchen because you are working, get a kitchen timer and set it to start so that you will have dinner when you get home. Accompaniments that I love on barbacoa include sour cream, fresh cilantro or a spicy green like arugula, fresh avocado or guacamole and of course hot sauce if you wanna kick it up a notch.

INGREDIENTS:

3 lbs beef chuck roast (fat trimmed), cut into 2-inch chunks
4 cloves garlic, minced
2 chipotles in adobo sauce, chopped (or more to taste)
1 (4-ounce) can chopped green chiles
1 small white onion, finely chopped (about 1 cup) (baseball size)
1/4 cup fresh lime juice (one fresh lime)
2 tablespoons apple cider vinegar
3 bay leaves
1 Tablespoon ground cumin
1 Tablespoon dried Mexican oregano (or regular oregano)
2 teaspoons salt
1 teaspoon black pepper
1/4 tsp ground cloves
1/2 cup beef broth or water



DIRECTIONS:

Combine all ingredients in the bowl of a slow cooker. Toss gently to combine. Cover and cook on low for 6-8 hours, or on high for 3-4 hours, or until the beef is tender and falls apart easily when shredded with a fork.

Using two forks, shred the beef into bite-sized pieces inside of the slow cooker. Toss the beef with the juices, then cover and let the barbacoa beef soak up the juices for an extra 10 minutes. Remove the bay leaves. Use a pair of tongs or a slotted spoon to serve the barbacoa beef.

MY NOTES:

- I used chicken broth because I had some and did not want to use water
- Chipotles in adobo sauce is in the international/Mexican section of your grocery. Do not substitute as this is critical to its authentic flavor
- I cooked on low for 8 hours a day ahead of time. Refrigerated over night. Then two hours before the party I put bak in slow cooker and reheated for 2 more hours.
- I removed most of the extra juice from the pot before serving.



SERVING NOTES:

Serve on tortillas with your favorite Mexican accompaniments
Or serve on a hoagie roll like a “French Dip or Italian Beef sandwich”. In this case leave all the juice to make a “wet” sandwich.