

BARBACOA

PREP TIME: 10 MIN

COOK TIME: 7 HOURS

Serves 10 -15 plus leftovers

INGREDIENTS:

7lbs Beef shoulder/ chuck roast/ cheek or shin meat (Thick fat trimmed), cut into 2-inch chunks
8 cloves garlic, finely chopped
3-4 chiptoles in adobo sauce, chopped (or more to taste)
2 x small cans chopped green chiles
1 large brown onion, finely diced
½ cup fresh lime juice
4 tablespoons apple cider vinegar
4 fresh bay leaves
1 ½ Tablespoon ground cumin
2 Tablespoons dried Mexican oregano (or regular oregano)
3 teaspoons salt
2 teaspoons black pepper
½ tsp ground cloves
1 cup water

DIRECTIONS:

Combine all ingredients in the bowl of your #Bella 6qt slow cooker. Toss gently to combine. Cover and set to cook on low for 7 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.

Serve with chopped cilantro, pickled red onion and crumbled Queso Fresco or a firm sheep feta.