



SLOW-COOKER BARBACOA

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(Standard and Maintenance Plans)

Barbacoa (Spanish for barbecue) is a popular Mexican dish used as a filling in many dishes, including tacos, burritos, in a bowl or on salads. You may be familiar with it as an option at Chipotle restaurant. It is typically beef, but other meats can be used, as well. Barbacoa has a smoky flavor with a smoldering, spicy kick of heat. The sauce can be served on the side; however, you can also spoon it over your meat or drench it in the slow-cooker. Chipotle peppers in Adobo Sauce at the store usually contain sugar or unhealthy oils, so we have provided you with a quick and easy recipe to make as a substitute. It's great served over cauliflower rice with butter, chopped cilantro and a squeeze of lime.

Makes 12-16 servings. One serving of this recipe is 3 oz. and covers your protein for one meal. There is no need to count the sauce... just enjoy!



INGREDIENTS

- 1 boneless beef chuck roast or brisket (3-4 lbs)
- 3 bay leaves

Adobo Sauce

- 1 Tbsp tomato paste
- 1 Tbsp Bragg's apple cider vinegar



1 tsp. chipotle chile pepper powder (can use 3/4 tsp. smoked paprika & 1/4 tsp. cayenne powder)
1/2 tsp. cumin
Pinch of oregano
Pinch of garlic powder
Pinch of Pink Himalayan salt

Mix all ingredients together, then add to ingredients below.

Sauce

1/4 cup fresh lime juice
1/4 Bragg's apple cider vinegar
1 4-oz can diced green chiles, mild or preferred heat
4 garlic cloves
1 Tbsp ground cumin
1 Tbsp dried oregano
1-1/2 tsps. black pepper
3/4 tsp Pink Himalayan salt
1/2 tsp ground cloves
1 cup organic chicken broth

INSTRUCTIONS

In a medium bowl add the Adobo Sauce and next 10 ingredients together, mixing well.

Place roast and bay leaves into a 4-5 quart slow-cooker. Pour sauce over the top and cook on low for 9 hours or until meat is tender.

Remove roast from the slow-cooker, cool slightly and discard bay leaves. Shred beef with two forks. Either add the beef back into the sauce or ladle the amount of sauce you want onto your serving with sauce on the side.