



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

Barbacoa

Yield: 24

Prep time: 30 minutes

Total time: 8 hours 30 minutes

Ingredients

1 cup beef broth (no sugar added)

4 medium chipotles in adobo sauce

1 tablespoon of the adobo sauce from the chipotles above

10 garlic cloves, chopped

2 tablespoons apple cider vinegar

4 tablespoons fresh squeezed lime juice (approx. 2 medium limes)

2 tablespoons dried oregano

4 teaspoons cumin

4 teaspoons sea salt

2 teaspoons black pepper

6 pounds beef chuck roast or brisket, trimmed and cut into 2-inch chunks

4 bay leaves

Directions

Place all ingredients, EXCEPT beef and bay leaves, in a blender and blend until smooth. Place meat in crockpot that is set to LOW. Cover meat with sauce in blender. Place bay leaves on top. Cover. Cook on LOW for 8 hours. Remove bay leaves. Shred meat with 2 forks and mix all together. Serve hot.

Macronutrient Breakdown

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	290.2 kcal	15 %
Total Fat	17.3 g	27 %
Saturated Fat	6.8 g	34 %
Trans Fat	0.8 g	
Cholesterol	89.6 mg	30 %
Sodium	486.9 mg	20 %
Total Carbohydrate	1.3 g	0 %
Dietary Fiber	0.3 g	1 %
Sugars	0.2 g	
Protein	30.7 g	61 %
Vitamin A	1 %	• Vitamin C 2 %
Calcium	4 %	• Iron 12 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.