

Barbacoa

Ingredients

- 3 lb Beef brisket or chuck roast (trimmed and cut into 2 inch chunks)
- 1/2 cup [Beef broth](#) (or chicken broth)
- 2 medium [Chipotle chiles in adobo](#) (including the sauce, about 4 tsp)
- 5 cloves [Garlic](#) (minced or coarsely chopped)
- 2 tbsp [Apple cider vinegar](#)
- 2 tbsp [Lime juice](#)
- 1 tbsp [Dried oregano](#)
- 2 tsp [Cumin](#)
- 2 tsp [Sea salt](#)
- 1 tsp [Black pepper](#)
- 1/2 tsp [Ground cloves](#) (optional)
- 2 whole [Bay leaf](#)

Instructions

1. Combine the broth, chipotle chiles in adobo sauce, garlic, apple cider vinegar, lime juice, dried oregano, cumin, sea salt, black pepper, and ground cloves in a [blender](#) (everything except the beef and bay leaves). Puree until smooth.
2. Place the beef chunks in the [slow cooker](#). Pour the pureed mixture from the blender on top. Add the (whole) bay leaves.
3. Cook for 4-6 hours on high or 8-10 hours on low, until the beef is fall-apart tender.
4. Remove the bay leaves. Shred the meat using two forks and stir into the juices. Cover and rest for 5-10 minutes to allow the beef to absorb even more flavor. Use a slotted spoon to serve.

From: <https://www.wholesomeyum.com/recipes/copycat-chipotle-barbacoa-slow-cooker-low-carb-paleo/>

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