

Barbacoa



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Recipe by: Laura Vitale

Serves 6 to 8

Prep Time: 15 minutes

Cook Time: 4 hours 0 minutes

Ingredients

- 3 lb Chuck Roast, trimmed of excess fat
- Light olive oil or vegetable oil
- 1 Onion, thinly sliced
- 4 Cloves of Garlic, minced
- 1-1/2 cups of Beef Stock
- 1 Tbsp of Cumin
- 1 Tbsp of Oregano
- 1 Bay Leaf
- 3 Tbsp of White Vinegar
- 1/4 cup of Chipotle in Adobo (I used 3 chilis and about 1 tbsp of the sauce but use 2 if you don't like things too spicy)
- Salt and Pepper, to taste

1) Add a small drizzle of oil in a dutch oven, preheat it over medium high heat, meanwhile, pat dry the beef, salt and pepper both sides, once the pan is hot, sear the beef on both sides (remove any excess fat rendering from the beef) scatter the onions and garlic around the beef, then add everything else in, bring to a boil, reduce the heat down to low, cover and cook for several hours or until tender.

2) Once the beef is tender, remove from the pot, allow to cool a bit, then shred (discard any fat) put it back in the pot with all the sauce, and cook uncovered over medium heat until the sauce thickens and the mixture is not too "soupy".

3) Serve with a salad and rice or in charred tortillas with cilantro, onions and lime (and cotija if you have it!)

