

RECIPE CARD

BARBACOA

INGREDIENTS:

- 3 LB BEEF CUT FOR BRAISING (BRISKET, BOTTOM ROUND,
CHUCK ROAST)**
- 1 ONION (CHOPPED, MEDIUM)**
- 3 GARLIC CLOVES**
- 1 15 OZ CAN OF TOMATOES**
- 1 TBSP OREGANO**
- 0.5 TBSP CUMIN**
- 1 CHILI GUAJILLO**
- 1 TBSP SALT**
- 0.5 TBSP PAPRIKA**
- 1 QUART BEEF STOCK**
- 0.5 QUART RED WINE**

DIRECTIONS:

- 1. DESTERN AND SEED GUAJILLOS**
- 2. ADD ALL THE INGREDIENTS EXCEPT THE BEEF TO THE
FOOD PROCESSOR**
- 3. BLEND UNTIL SMOOTH**
- 4. POUR OVER THE MEAT AND LET MARINATE FOR 24 HOURS**
- 5. PLACE ROAST AND LIQUID IN A ROASTING PAN AND
COVER TIGHTLY WITH PLASTIC WRAP AND ALUMINUM
FOIL. IF THERE IS NOT ENOUGH LIQUID TO COVER THE
ROAST ADD MORE BEEF STOCK.**

RECIPE CARD

6. BRAISE FOR 325°F FOR 4 HOURS
7. CHECK DONENESS WITH A PAIR OF TONGS, SHOULD TWIST EASILY (IF NOT DONE, COOK FOR ANOTHER 45 MINUTES)
8. ONCE DONE, LET THE ROAST SET FOR 1 HOUR TO REABSORB THE LIQUID AND ADD ADDITIONAL FLAVOR TO THE MEAT
9. SHRED THE MEAT AND POUR THE BRAISING LIQUID OVER THE MEAT TO SERVE OR COOL FOR REHEATING

**CAN BE DONE IN INSTAPOT OR CROCK POT*

INSTAPOT: FOLLOW PROCESS, BUT COOK ON HIGH FOR 45 MINUTES AND LET IT COME TO NORMAL PRESSURE NATURALLY FOR 20 MINUTES, THEN DEPRESSURIZE FULLY

CROCK POT: COOK IN THE LIQUID FOR 10-12 HOURS ON LOW OR 6-8 HOURS ON HIGH. SHOULD SHRED EASILY IF IT DOESN'T CONTINUE TO COOK.