

Slow Cooker Beef Barbacoa

Makes: 12 servings

Prep time: 15 minutes

Cook time: 8 hours

Ingredients:

Meatloaf:

- 3 lbs. boneless beef chuck roast, cut into 2-inch cubes and trimmed of fat
- 4 cloves garlic, minced (or 1¼ tsp. garlic powder)
- 3 Tbsp. tomato paste
- ½ tsp. ground chipotle pepper (more if you want more spice)
- ½ medium onion, thinly sliced
- Juice of 3 limes
- 2 Tbsp. apple cider vinegar
- 2 bay leaves
- 1 Tbsp. ground cumin
- 1 Tbsp. dried oregano
- ⅛ tsp. ground cloves
- 1 tsp. salt
- ½ tsp. black pepper
- ¼ cup water or organic low-sodium chicken or beef broth

Directions:

1. Place all ingredients in the slow cooker. Stir to combine.
2. Place lid on slow cooker and cook on LOW for 8 hours or HIGH for 4 hours or until meat is tender and shreds easily.
3. Taste and season with additional salt and pepper as needed.
4. Serve in lettuce wraps, tortilla or stuffed in a baked sweet potato with toppings of choice.

Recipe credit: Jess and Stacie, [The Real Food RDs](#)

Nutritionals (serving size: 3 oz.)

Calories: 295

Total Fat: 22 g

Saturated Fat: 8 g

Sodium: 275 mg

Carbohydrates: 3 g

Fiber: 1 g

Sugar: 5 g

Protein: 20 g