

Barbacoa Beef (Pressure Cooker or Instant Pot)

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If you like cumin and spicy food, then you'll love Barbacoa Beef. Spicy shredded beef braised in a blend of chipotle adobo, cumin, cloves, garlic and oregano.

Read more at <http://www.skinnytaste.com/barbacoa-beef/#yC4K7Er9cXWvMBR0.99>

Ingredients

5 cloves garlic

$\frac{1}{2}$ medium onion

1 lime, juice

2-4 tablespoons chipotles in adobo sauce, (to taste)

1 tablespoon ground cumin

1 tablespoon ground oregano

$\frac{1}{2}$ teaspoon ground cloves

1 cup water

3 lbs. beef eye of round or bottom round roast, all fat trimmed

2 $\frac{1}{2}$ teaspoons kosher salt

black pepper

1 teaspoon oil

3 bay leaves

Method

1. Place garlic, onion, lime juice, cumin, oregano, chipotles, cloves and water in a blender and puree until smooth.

2. Trim all the fat off meat, cut into 3-inch pieces. Season with 2 teaspoons salt and black pepper. Heat the pressure cooker on high (use saute button for Instant Pot), when hot add the oil and brown the meat, in batches on all side, about 5 minutes. Add the sauce from the blender and bay leaves,

cover and cook on high pressure until the meat is tender and easily shreds with 2 forks, about 1 hour. (in my Instant Pot I cooked it 65 minutes). (If you're making this on the stove, simmer it on low at least 4 hours, adding more water as needed to make sure it doesn't dry out.)

3. Once cooked and the meat is tender, remove the meat and place in a dish. Shred with two forks, and reserve the liquid for later (discard the bay leaf). Return the shredded meat to the pot, add 1/2 teaspoon salt or to taste, 1/2 tsp cumin and 1 1/2 cups of the reserved liquid.

Notes

Melissa's note – I used the natural release method. Came out great. 2 Tbsp adobo was a good amount of spice for us.

Prep

- Prep: 80 Minutes

Source: Skinny Taste (Servings: 9 | Yield: 4 oz per serving)