

# Beef Barbacoa (Slow Cooker)

December 24th, 2022

**This recipe serves: 8**

Prep Time: 00:30

Cook Time: 08:00

Barbacoa (Shredded Beef Roast) is the classic Sunday afternoon family dinner meal. However, roast beef is not always the easiest meal to make. An under-cooked roast won't shred properly, and an overcooked roast will be dry and tasteless. But fear not! With this simple recipe, a consistently perfect shredded Chuck Roast is easy to achieve. Marinate the roast, give it a nice sear, and add it to the Slow Cooker for about 8 hours. Shred the finished beef and add back into the flavorful au jus for the perfect Barbacoa, every time!

## Ingredients:

2-5 lbs Beef Chuck Roast or Beef Boneless Shoulder Roast

Olive Oil

## Marinade

1/2 Cup Orange Juice (about 2 large Oranges)

1/4 Cup Lime Juice (about 2 Limes)

1/4 Cup Apple Cider Vinegar

3 Cloves Garlic, minced

1 Teaspoons Cumin

1 Teaspoon Salt

## The Juice

1 Cup Marinade

3 Bay Leaves

6 Cloves Garlic, whole

2 Chipotle Peppers in Adobo sauce, minced

1 Yellow Onion, roughly chopped

1 Roma Tomato, roughly chopped

1 Cup Vegetable Stock

## Directions:

Use a paper towel or tea towel to dry the meat of any excess moisture.

Place the Chuck Roast into a plastic bag.

Vacuum out all the air and seal the bag.

Refrigerate 1 hour to 8 hours. DO NOT OVER MARINADE.

Add The Juice mixture into the Slow Cooker.

Remove the Chuck Roast from the Marinade bag.

Use paper towels or a clean tea towel to dry the Roast.

Heat a frying pan over medium high heat. Add Olive Oil.

Sear each side of the Beef Roast for 1 or 2 minutes.

Move the Roast into the Slow Cooker.

Set the Slow Cooker on Low and Slow Cook for 6-8 hours or on High for 4-5 hours, until the meat is easy to shred.

Remove the Chuck Roast from the Slow Cooker and rest the Chuck Roast for 10 minutes.

Use 2 forks to shred the Beef.

Remove the Bay Leaves from the Au Jus.

Drain the Au Jus from the Slow Cooker into a blender, or use an immersion blender to thoroughly blend the Au Jus into a smooth liquid.

Add the Shredded Beef back into the Au Jus mixture and let the Shredded Meat soak for 10 or 15 minutes.

Serve.