

Carlos's Beef Barbacoa Bowls

Makes about 80-100 portions depending on how hungry everyone is LOL

The Beef: Get 25-30 lbs of beef chuck, cut into large chunks. For the marinade, blend up 8 dried guajillo chiles (deseeded), 6 chipotles in adobo, 1 cup lime juice, 1/2 cup apple cider vinegar, 8 cloves garlic, 2 tbsp cumin, 2 tbsp oregano.

Marinate overnight! Then braise at 325 with the marinade plus beef stock to cover. Takes about 3-4 hours until it shreds nicely. Each portion needs about 140-150g of the shredded meat.

For the Cilantro Lime Rice: Nothing fancy - for every portion you need 60g dry rice. Cook it normal but add lime zest to the water. After it's cooked, mix in fresh lime juice (about 5g per portion) and chopped cilantro (2g per portion).

Black Beans: I use canned for speed. Each portion gets 80g beans (drained weight). Sauté them with onions, garlic, cumin. Maybe 5g of onion and 1g spices per portion.

The Salsa Verde: Roast 5 lbs tomatillos, 4 jalapeños, 2 white onions. Blend with 2 bunches cilantro and salt. Each portion gets about 40g.

Assembly per container:

- Beef: 145g
- Rice: 165g
- Beans: 85g
- Salsa: 40g
- Don't forget to add 15g cotija cheese and 5g pepitas on top!