

Succulent Barbacoa Beef

Servings: 6-8

Ingredients

- 2 1/2 to 3 lb beef chuck roast cut into thirds
- 1 onion, cut into large chunks
- 1 to 3 chipotle peppers in adobo sauce
- 4 to 6 cloves garlic, minced
- 2 to 3 T lime juice
- 3 T apple cider vinegar
- 3/4 c beef broth
- 1 T ground cumin
- 2 t dried oregano
- 1 1/2 t Mineral Salt
- 1 t black pepper

Steps

1. Place beef in bottom of instant pot.
2. Puree remaining ingredients in blender or food processor and pour over beef.
3. Slow cook on low 7 to 8 hours or Pressure cook on high 50 minutes, natural release.

Notes

- For S meal: Serve over lettuce and add salsa, cheese, guacamole and sour cream (optional) or stuff it into 2 Wonder Wraps or low-carb tortillas.
- For crossover meal: Include a little brown rice and beans.