

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Slow-Cooker Chipotle Barbacoa

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This Slow-Cooker Chipotle Barbacoa Recipe is the jumping off point for a whole host of meals, which is why it calls for such a large cut of chuck roast. 6 to 8 pounds is a great deal of meat, but it fits easily into most slow-cookers, and the end results of the recipe freeze so incredibly nicely, you might as well get the most bang that you can. This recipe yields several meals worth of entree portions. I do suggest you let the beef cubes soak in the sauce overnight to marinate thoroughly. You can, however, cook it immediately after pouring the sauce over the beef. It will still be delicious. The one that marinated overnight will be even better, though.

6 to 8 pounds boneless chuck roast, trimmed of excess fat and cut into 2 inch cubes
1 tablespoon vegetable oil or canola oil
6 chipotles in adobo with sauce
1 large white onion, peeled and roughly chopped
10 cloves garlic, peeled and roughly chopped
1 cup beef or chicken broth or lager beer
 $\frac{2}{3}$ cup apple cider vinegar (preferably raw)
 $\frac{1}{4}$ cup lime juice (preferably freshly squeezed)
2 tablespoons cumin
2 tablespoons oregano (preferably Mexican oregano, but all oregano will do!)
 $\frac{1}{2}$ teaspoon ground cloves
2 teaspoons kosher salt
1 teaspoon ground black pepper
3 bay leaves

1. Drizzle the vegetable oil in a heavy-bottomed skillet over medium high heat. Brown the beef cubes on all sides in batches (you do not want to overcrowd the pan).
2. Add the beef (whether you've browned it or not) to the crock of a slow-cooker. Add the chipotles in adobo, onion, garlic, broth or beer, apple cider vinegar, lime juice, cumin, oregano, ground cloves, salt, and black pepper to a blender and blend on high until smooth. Toss the bay leaves on top of the beef, pour the contents of the blender over the contents, stir, and cover.
3. Let the beef stand overnight to marinate. In the morning, add the crock to the slow-cooker, turn the temperature to LOW. Cook 8 hours on LOW or 4 hours on HIGH, or until the beef shreds very easily with a fork. Remove and discard the bay leaves. Use two forks to shred the meat in the sauces.

To Serve: Serve the shredded Barbacoa with sauces over rice, in corn tortillas with onion and cilantro, in burritos, soups, on nachos, or just with a fork!