

Keto Mexican Barbacoa Beef

Yield: 4 min
Total Time: 390 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-barbacoa-beef-recipe>

Ingredients:

- 3 pounds chuck roast
- 2 tablespoons olive oil extra virgin
- 3 peppers Guajillo, soaked, stemmed, seeded
- 3 ancho peppers soaked, stemmed, seeded
- 6 cloves garlic
- salt
- pepper
- 1 tablespoon cumin
- 2 tablespoons Sukrin Gold
- 2 tablespoons cider vinegar
- 1 tablespoon oregano dried
- 2 tablespoons lime juice

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 225 milligrams
4. Fat: 71 grams
5. Fiber: 9 grams
6. Protein: 70 grams
7. SaturatedFat: 25 grams
8. Sodium: 430 milligrams
9. Sugar: 5 grams

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