

Slow Cooker Barbacoa Beef

Yield: 8 min
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/chipotle-barbacoa-recipe-slow-roasted-italian>

Ingredients:

- 4 pounds beef brisket or beef chuck roast will also work
- 2 tablespoons vegetable oil
- 4 chipotle chilis in adobo
- 1 1/4 cups beef broth
- 4 teaspoons minced garlic
- 1 1/2 tablespoons ground cumin
- 1 tablespoon dried oregano
- 3/4 teaspoon salt then more to taste
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cloves
- 1/4 cup fresh lime juice

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 140 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 49 grams
7. SaturatedFat: 7 grams
8. Sodium: 530 milligrams
9. Sugar: 1 grams

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