

# Mexican Beef Barbacoa

Yield: 6 min  
Total Time: 190 min

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

## Ingredients:

- 1 beef chuck roast
- salt
- pepper
- 4 tablespoons olive oil divided
- 2 peppers dried guajillo, soaked stemmed and seeded
- 2 ancho peppers dried, soaked stemmed and seeded
- 1 chipotle in adobo
- 3 garlic cloves minced
- 1 tablespoon cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cinnamon
- 1/4 cup water

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 125 milligrams
4. Fat: 44 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 15 grams
8. Sodium: 650 milligrams
9. Sugar: 2 grams

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