

Beef Barbacoa in a Pressure Cooker

Yield: 4 min
Total Time: 8 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-swiss-steak-in-a-pressure-cooker>

Ingredients:

- 1 1/2 pounds beef chuck roast Canadian, ask for it by name.
- 2 teaspoons salt
- 2 cups water
- 5 garlic cloves
- 3 bay leaves
- 10 peppercorns
- 2 teaspoons Mexican oregano
- 1/2 white onion

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 33 grams
7. SaturatedFat: 12 grams
8. Sodium: 1290 milligrams
9. Sugar: 1 grams

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