

Beef Barbacoa

Cook Time 30 minutes

Servings 8



Ingredients

- 3 lbs beef brisket or chuck roast
- 1 medium onion, diced
- 6 cloves garlic, peeled and mince
- 3/4 cup fresh squeezed orange juice (about 2 oranges)
- 1/4 cup fresh squeezed lime juice (about 2 limes)
- 2 tbsp apple cider vinegar
- 1 tbsp tomato paste
- 1 tbsp cumin
- 2 tsp chipotle powder
- 2 tsp oregano (fresh or dried)
- 2 tsp salt
- 1/2 tsp ground cloves

Option toppings

- cilantro
- avocado
- lime wedges

Instructions

1. Dice onions and mince garlic.
2. Season beef on all sides with salt and pepper.
3. Combine orange juice, lime juice, vinegar, tomato paste, cumin, chipotle powder, oregano, salt and ground cloves in a bowl or jar and mix well.
4. Sear beef on all sides in skillet or instant pot until golden brown.
5. Add in the diced onion and garlic cloves to instant pot, seared beef and pour the juice/seasoning mixture all over everything.
6. Secure the lid on the instant pot and close the pressure valve. Press the "manual" button (or "pressure cook" button) and set the time to cook for 30 minutes at high pressure.
7. Once the time is up, let the pressure naturally release on its own for 20 minutes.
8. Manually release any remaining pressure and remove the lid.
9. Let brisket rest. Shred the beef with two forks.

Paleo / Whole30 / Keto / Low Carb

Note: Video features Beef Barbacoa served with rice. Rice is not Whole30, Low Carb, Paleo or Keto compliant.