

Barbacoa De Res (Shredded Beef Tacos)

Total Recipe Time: 5 to 5-1/2 hours

Marinade Time: 6 hours or overnight

1 beef Shoulder Pot Roast (4 to 5 pounds)

Marinade:

3 large onions, finely chopped

5 plum tomatoes, finely chopped

2 cups beef broth

1/2 cup fresh lime juice

4 jalapeño peppers, seeded, cut into strips

2 tablespoons white vinegar

4 cloves garlic, minced

2 bay leaves

2 teaspoons ground cumin

2 teaspoons dried thyme leaves

1 teaspoon salt

1 teaspoon dried Mexican oregano leaves

1 teaspoon ground black pepper



Serving Suggestions:

Tortillas

Toppings:

Chopped onions, chopped fresh cilantro, salsa, guacamole, lime wedges

1. Combine Marinade ingredients in large bowl. Add beef Pot Roast; turn to coat. Cover and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Preheat oven to 325°F. Remove Pot Roast from marinade; reserve marinade. Place Pot Roast in stockpot. Pour marinade over Pot Roast; cover tightly. Braise in 325°F oven 4-1/2 to 5 hours or until Pot Roast is fork-tender.
3. Remove Pot Roast; keep warm. Strain cooking liquid into medium saucepan; skim fat from cooking liquid. Bring to a boil; cook until liquid is reduced to 3 cups.
4. Shred Pot Roast with 2 forks; add to saucepan. Cook and stir until heated through. Season with salt and ground black pepper, as desired. Serve as suggestion; garnish with Toppings, as desired.

Makes 12 to 14 servings

Nutrition information per serving (1/12 of recipe): 186 calories; 6 g fat (2 g saturated fat; 3 g monounsaturated fat); 60 mg cholesterol; 391 mg sodium; 8 g carbohydrate; 1.4 g fiber; 24 g protein; 3.5 mg niacin; 0.3 mg vitamin B₆; 2.6 mcg vitamin B₁₂; 3.3 mg iron; 26.2 mcg selenium; 5.6 mg zinc.

This recipe is an excellent source of protein, vitamin B₁₂, selenium and zinc; and a good source of niacin, vitamin B₆ and iron.

Nutrition information per serving (1/14 of recipe): 160 calories; 5 g fat (2 g saturated fat; 2 g monounsaturated fat); 52 mg cholesterol; 335 mg sodium; 7 g carbohydrate; 1.2 g fiber; 2 g protein; 3 mg niacin; 0.3 mg vitamin B₆; 2.2 mcg vitamin B₁₂; 2.8 mg iron; 22.4 mcg selenium; 4.8 mg zinc.

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