

# Barbacoa Beef

Total Cook Time: 3 hours  
Contains raw meat, cook thoroughly  
Cook from Frozen  
Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 1/2 cup (1 cup)\* beef broth
- Tortillas
- Optional toppings and garnishes: black or refried beans, lettuce, tomato, avocado, salsa, sour cream, shredded cheese

## Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1/2 cup (1 cup)\* of beef broth.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 80 minutes (90 minutes)\*- aka 1 hour 20 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Return meat to juices.
5. Lay out a tortilla and top with a horizontal line of meat and other desired fillings. Roll into a tight burrito. Sprinkle with cheese and stick under the oven broiler to melt and brown the cheese. Serve hot with desired toppings.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours, until the meat easily shreds. Continue with steps 4-5.

## Leftover Suggestions:

- Tostadas
- Tacos
- Salad
- Burrito bowls
- Tamales

## Notes:

- This freezes beautifully after it's cooked. Save any leftovers for an easy, ready-to-go meal on another day.

## Nutrition Facts

4 servings per container  
Serving size  
3/4 cup (211g)

Calories per serving **220**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 4g	<b>1%</b>
Saturated Fat 1.5g	<b>8%</b>	Dietary Fiber <1g	<b>2%</b>
Trans Fat 0g		Total Sugars 1g	
<b>Cholesterol</b> 105mg	<b>35%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 720mg	<b>31%</b>	<b>Protein</b> 40g	

Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 3.2mg 20% • Potassium 580mg 10%  
Vitamin A 30mcg 4% • Vitamin C 3mg 4%

INGREDIENTS: BEEF, APPLE CIDER VINEGAR, ONION, CHIPOTLE PEPPERS (CHIPOTLE PEPPERS, TOMATOES PUREE, ONIONS, VINEGAR, CANOLA OIL, SUGAR, SALT, PAPRIKA, GARLIC), LIME JUICE, SPICE, SALT, GARLIC, CLOVES

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

