

Instant Pot Grass Fed Beef Barbacoa

Grass fed beef packs a bit more nutritional punch than conventionally raised beef. One benefit I like to highlight is the more favorable ratio of omega 6 to omega 3 fatty acids. Loosely translated that means grass fed beef is less inflammatory than conventionally raised (and inflammation is the root of most of our chronic diseases). This recipe also features several other anti-inflammatory ingredients including garlic, oregano, cloves and cinnamon. And slow cooked meats are higher in the amino acids required for collagen production which supports hair, skin, nails and gut health.

Prep Time: 10 mins

Total Time: 1 hr 50 mins

Makes: 6 servings

Ingredients:

1 ½ -2 pounds grass fed chuck roast

2 teaspoons salt

1 teaspoon ground black pepper

2 teaspoons avocado oil

1 small onion, diced

2 large cloves garlic, minced

¼ cup pureed chipotle in adobo sauce (read the label – watch out for soybean or other damaged oils)*

1 cup beef or chicken bone broth or stock

¼ cup apple cider vinegar

1 tablespoon ground cumin

1 teaspoon dried oregano

½ teaspoon ground clove

½ teaspoon ground cinnamon

2 bay leaves

Directions

1. Season chuck roast with salt and pepper; set aside.
2. Select SAUTE function from Instant Pot control panel. Add avocado oil to insert; sear beef on all side to golden brown; remove from pan.
3. Add onion and garlic; cook for 2-3 minutes until fragrant and becoming translucent. Stir in remaining ingredients. Return beef to the pot.
4. Twist Instant Pot lid on and switch valve to sealing. Select MANUAL pressure and set for 70 minutes. Allow pressure to release naturally for 10 minutes before carefully quick releasing any remaining pressure.
5. Remove beef and shred with 2 forks. Sauce can be reduced using SAUTE function if desired. Return meat to the sauce.
6. Serve in burrito style bowls, on salad or in tacos or green burritos.

*Substitute 2 teaspoons ground chipotle powder, 1 tablespoon tomato paste and 1 tablespoon apple cider vinegar.