



cara price

BARBACOA

INGREDIENTS

- 3-4 pound chuck roast
- 1 - 15 ounce can diced tomatoes
- 1/4 cup apple cider vinegar
- 3 tablespoons olive oil, divided
- 8 cloves garlic
- 1/3 cup ancho chili powder {this is going to take almost all of a new 1.5 ounce bottle}
- 1 tablespoon dried oregano
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon cumin

DIRECTIONS

pour 1 tablespoon olive oil into the bottom of a crock pot & swirl it around to coat the bottom & sides.

place the chuck roast in the crock pot.

put remaining 2 tablespoons of olive oil & all other ingredients into a blender & blend on high about 45 seconds, making sure garlic is completely chopped up.

pour the puree from the blender over the chuck roast. set crockpot on high for 6 hours. {if your crockpot has a keep warm feature, feel free to leave it in there after its done cooking for an hour or so}

remove roast from crockpot to a large plate or cutting board {you will want to make sure there is a rimmed edge so you don't end up with juice all over your countertop} & shred with 2 forks. remove any visible fat from the meat.

at this point, you can either return the meat to the crockpot & serve over mashed sweet potatoes or keep the meat separate from the juice & serve that as a topping, just to add a little bit of extra flavor.

If serving taco style, I would recommend keeping the meat & the juice separate.

top with salsa fresca!