



**Main
Course**
**Mexican
Cuisine**

Beef Cut: Rump Roast/
Bottom Round Roast

Slow Cooker Beef Barbacoa



Slow Cooker Beef Barbacoa is flavored with smoked chipotles in adobo, fresh garlic and cilantro, and Mexican spices, resulting in a tender, juicy filling for tacos, burritos, and quesadillas, or a tasty topping for salads and rice bowls!

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Slow Cooker Beef Barbacoa

Ingredients

2-3 lbs Pumpkin Creek Ranch Rump Roast (or Bottom Round Roast)
Salt & freshly ground black pepper
6 oz beef broth
6 oz Modelo Negra beer
1 bay leaf

Broth Ingredients

- * 1 Tbsp beef broth
- * 1 Tbsp Modelo Negra beer
- * 2 chipotle peppers in adobo (plus 1-2 Tbsp of sauce)
- * 1 Tbsp minced garlic
- * 1/2 C packed cilantro leaves
- * 2 Tbsp freshly squeezed lime juice
- * 1 Tbsp tomato paste
- * 1 Tbsp cumin
- * 2 tsp chili powder
- * 2 tsp garlic salt
- * 1 tsp dried oregano

Notes

Adjust the amount of chipotle pepper and adobo sauce for more or less heat. A dark beer is recommended, even better if it's a Mexican dark beer (such as Negra Modelo).

Equipment

Food Processor
6-quart or larger Slow Cooker

Instructions

Generously season the thawed roast on both sides with salt and freshly ground pepper. Place in the bottom of a large slow cooker.

In a food processor, pulse all *starred ingredients together. (Alternatively, you may use a knife to mince the garlic, cilantro, and chipotle, then stir in the remaining ingredients until well combined).

Spread half of the chipotle mixture over the top of the roast. Carefully flip the roast over and spread the remaining mixture over the other side. Pour the beef broth and beer into the bottom of the slow cooker (without washing the chipotle mixture off the roast). Drop in the bay leaf. Cover and cook on LOW for 8 to 10 hours or until fall-apart tender.

Remove the roast to a cutting board. Skim fat from the top of the cooking liquid, if necessary, and remove the bay leaf. Slice the beef into chunks and then shred into pieces with two forks, removing and discarding any fat. Return the shredded meat to the slow cooker, stir to soak up the liquid, and reheat until warm. Serve as a filling for tacos, burritos, enchiladas, quesadillas, or on top of a rice bowl or salad. Refrigerate the leftover meat in the reserved cooking liquid.



Prep Time
15 minutes



Cook Time
8 hours



Servings
6 servings



Calories
303 kcal