



## BARBACOA

Barbacoa, a family tradition. Made with 100% Choice Beef, this Mexican-style beef pot roast is simmered in a hearty tomato and chili sauce giving it that traditional Mexican flavor the whole family can enjoy. Goes perfect with our Arroz and Frijoles Refritos, or add it to burritos, tacos, enchiladas and salads. Top it with onions and cilantro when you're looking for a more traditional taste.

## INGREDIENTS

Beef, Water, Crushed Tomatoes in puree (Crushed Tomatoes, Tomato Puree, Salt, Citric Acid, Calcium Chloride), Seasoning (Paprika, Chili Pepper, Red Pepper, Garlic, Salt, Spices), Apple Cider Vinegar, Salt, Onion.

## NUTRITION FACTS

About 3 servings per container

Serving Size: 5oz (140g)

Amount per Serving

<b>CALORIES</b>	<b>140</b>
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 550mg	24%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 335mg	8%

\*The % Daily Value 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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

MADE WITH  
**100%**  
CHOICE  
BEEF

**22g**  
OF PROTEIN  
PER SERVING

HEAT & EAT  
**6**  
MINUTES IN  
MICROWAVE

## COOKING INSTRUCTIONS

### MICROWAVE

1. Remove paper sleeve. Leave bag in tray. Heat on HIGH for 2 minutes then flip over bag.
2. Puncture 2 small holes in bag. Heat for an additional 2 minutes or until temperature reaches a minimum of 165°F. Let stand for 2 minutes.
3. Open bag carefully, and empty contents into serving tray. Enjoy!

Note: Microwave ovens vary in rates of heating. Times given are approximate.

### STOVETOP

1. Heat a small sauce pot (about 2qts) over medium heat. Empty Barbacoa from pouch and place in pot.
2. Cover and heat until boiling, about 6-8 minutes or until temperature reaches a minimum of 165°F, stir occasionally.
3. Serve and enjoy.