



## 5-Ingredient Beef Barbacoa

53G Protein Per Serving | 565 Calories | 8 Hours | 4 Servings

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### 5-ingredient Beef Barbacoa

- 3 lbs beef stew cubes
- 16 oz jar chipotle salsa or another pepper salsa
- 1 tbsp oregano
- 1 tbsp cumin
- 2 bay leaves
- Salt to taste (start with 1 tsp)

### Burrito Bowl

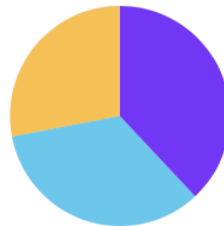
- 5-ingredient beef barbacoa
- 8 oz fire-roasted corn
- 10 oz lettuce

- 8 oz guacamole or avocado
- 16 oz store-bought pico de gallo or salsa
- 3 cups cooked basmati rice
- 3 cups cooked cauliflower rice

*Cooking Instructions*

1. Coat a large skillet or pot with cooking spray or oil, and preheat to medium-high heat. Add the beef stew cubes.
2. Sear them on all sides and transfer them to a slow cooker.
3. Pour in the salsa, add the spices/herbs, and bay leaves. Slow-cook the beef on low for 8 hours or until tender.
4. After the beef is done, remove it from the slow cooker and add it to a cutting board. Make sure to reserve the liquid in the cooker.
5. Chop or shred the beef then add to a container. Pour over some of the reserved liquid. Taste and season with salt.
6. Add 1/2 cup each of cooked cauliflower rice and basmati rice to a plate. Top with the beef.
7. Serve with 2 oz guacamole, 1/3 cup of fire-roasted corn, lettuce, and pico de gallo. Pour over additional reserved liquid if desired. Enjoy!

**MACROS**



● Fat	<b>18g</b>
● Carbs	<b>47g</b>
● Protein	<b>53g</b>