



## Barbacoa Beef

in the Slow Cooker

 **8 HOURS**

4 Servings

### From the Test Kitchen

You're going to love this easy slow cooker meal on busy days —featuring tender beef, chipotle peppers and a little kick of jalapeno chilies. When it's time to serve, simply add to your choice of leafy greens and pile on your favorite toppings for the perfect lunch or dinner meal.

[Download Recipe](#)

### fresh INGREDIENTS

- ▶ 1 lb Beef Chuck Roast
  - ▶ Sea Salt
  - ▶ Pepper
  - ▶ 4 Chipotle Peppers in Adobo
- Sauce



- ▶ 1 6oz can Green Jalapeno
- Chilies
- ▶ 2 Tbsp Apple Cider Vinegar
- ▶ 1/2 c Beef Broth
- ▶ 1 Romain Lettuce
- ▶ Pice De Gallo
- ▶ Guacamole

## Guacamole INGREDIENTS



- ▶ 2 Avocado
- ▶ 1/2 c Tomato
- ▶ 1/4 c Purple Onion
- ▶ 1/2 c Cilantro
- ▶ 1 Lemon
- ▶ 1 tsp Cumin
- ▶ Sea Salt, to taste
- ▶ Pepper, to taste

### Before You Eat...

Take these "skinny drops" to compliment your meal.

**Step 1:** The hormone-free **Slenderiix drops** are a homeopathic weight management formula



scientifically formulated to encourage weight loss.

Take 15 drops under the tongue three times daily before meals. Do not eat or drink anything for 10 minutes.

--

**Step 2: Xceler8's B12** naturally supports the metabolism of carbohydrates and fats, and helps give you increased energy.

Take 1 ml twice daily, about 10 minutes after taking Slenderiix drops. Meal can be eaten immediately after.

[Try Slenderiiz Drops today](#)

step-by-step

## INSTRUCTIONS

### 1. Prep Roast in Slow Cooker

Season roast on all sides with salt and pepper. Place in the slow cooker.

### 2. Prepare Roast Mixture

In a blender or food processor combine the chipotle peppers and their adobo sauce, jalapenos and apple cider vinegar - pulse until smooth. Add the beef broth and pulse a few more times. Pour mixture over the top of the roast.

### 3. Cook Ingredients

Cook on low for 8 hours. When meat is tender and falling apart, transfer to a cutting board and use two forks to shred the meat. Serve hot with salad greens, pico de gallo and guacamole.

### 4. Make Guacamole

Slice ripe avocados, remove pit and add flesh to a small bowl. Finely dice tomato, purple onion and cilantro, add to avocado. Sprinkle in cumin and add lemon juice, mix well. Add salt and pepper to taste.

© 2023 (Template) PartnerCo  
Reps Wellness. All Rights  
Reserved.

**FOLLOW ME**



**Join our Tribe on  
Facebook**

Dedicated to helping each  
other live better